

Contents

Vocabulary

Grammar

Reading

Welcome to Metro 4–12

1 On vacation

13

- Vacation activities 14
- Adjectives of feeling 18

- Present progressive: affirmative and negative 17
- Present progressive: questions and answers 19

- The vacation quiz 16
- Try a staycation! 20–21
- Good readers tip:** reading questions

2 My kind of day

23

- Weather and seasons 24
- Clothes 28

- Simple present vs present progressive 27
- Possessive pronouns 29

- Storm chaser 26
- Extreme weather 30–31
- Good readers tip:** predicting the topic

Review A 33–34

Culture 1–2 109

Cross-curricular 1–2 • Sociology 110

Metro Express 1 117

3 Party time

35

- Food: count nouns 36
- Food: non-count nouns 40

- *There is / There are* + count nouns: *a / an, some, any* 39
- Non-count nouns 41

- What's your kind of party? 38
- Unusual festivals! 42–43
- Good readers tip:** guessing the meaning of unknown words

4 Wild

45

- Animals 46
- Habitats 50

- *How much / How many* + quantifiers 49
- *There was / There were* 51

- "Wild" animals? 48
- Shipwrecked! 52–53
- Good readers tip:** understanding abbreviations

Review B 55–56

Culture 3–4 111

Cross-curricular 3–4 • Biology 112

Metro Express 3 119

5 Stars of sound

57

- Styles of music 58
- The music business 62

- *was / were*: affirmative and negative 61
- *was / were*: questions 63

- Quiz: So you think you're a ... music fan? 60
- Online talent 64–65
- Good readers tip:** scanning a text

6 Explore

67

- Verbs: adventure 68
- Verbs: life events 72

- Simple past regular verbs: affirmative 71
- Simple past irregular verbs: affirmative 73

- Experiences 70
- Exploring space 74–75
- Good readers tip:** understanding headings

Review C 77–78

Culture 5–6 113

Cross-curricular 5–6 • Music 114

Metro Express 5 121

7 Life online

79

- Online activities 80
- Adjectives to describe people 84

- Simple past: negative 83
- Simple past: questions and answers 85

- The Hole-in-the-Wall experiment 82
- Our family went offline for a month! 86–87
- Good readers tip:** guessing meanings from context

8 Staying in shape

89

- Fitness and health 90
- Illness and injury 94

- *love / like / hate* + *-ing* 93
- *should / shouldn't* for advice 95

- Practice makes perfect 92
- Readers' Problems 96–97
- Good readers tip:** skimming a text

Review D 99–100

Culture 7–8 115

Cross-curricular 7–8 • Computer science 116

Metro Express 7 123

Workbook

Vocabulary bank W2–W3

Vocabulary W4–W11

Grammar W12–W27

Listening

Speaking

Watch

Writing

- Top vacations 15
- Let's go on vacation! 18


- Invitations 20

 Miami, Florida 22

- A vacation postcard 101
- Good writers tip:** contractions

- A weather forecast 25
- Hot or cold? 28

- Asking about the weather 30


 Unusual weather 32

- A description of the weather 102
- Good writers tip:** using *and*, *but*, *because*, and *so*

Metro Express 2 118

- I'm really excited! 37
- Potato parties 40

- Requests 42

 Food trucks in Los Angeles 44

- A coffee shop review 103
- Good writers tip:** using *also*

- On safari 47
- Endangered animals 50

- Showing interest 52

 British wildlife 54

- A report 104
- Good writers tip:** using adjectives

Metro Express 4 120

- K-pop 59
- I'm a KatyCat!

- Describing past events 64

 My favorite music 66

- A profile of a musician 105
- Good writers tip:** using *when*

- Seven summits 69
- Podcast: Amelia Earhart 77

- Making suggestions 74

 Robert Scott 76

- A biography 106
- Good writers tip:** using *before* and *after*

Metro Express 6 122

- It was fun! 81
- Are you an online addict? 84


- Talking about your evening 86

 The Internet and you 88

- An online comment 107
- Good writers tip:** using time phrases and frequency adverbs

- Working out 91
- In the news 94

- Talking about illnesses and injuries 96

 Health and fitness in New York 98

- A blog 108
- Good writers tip:** common mistakes

Metro Express 8 124

Reading W28–W35