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Аудиоприложение: <https://prosv.ru/audio-rainbow10-1/>

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Book Guide

UNIT 1. In Harmony with Yourself (pages 6—56)

Talking Points	1. Personal identification: what we are like and what we want 2. Hobbies and pastimes 3. A sound mind in a sound body: keeping fit 4. Medical help
Grammar Points	1. Revision of the present simple and present progressive tenses 2. Some new facts about present simple and present progressive 3. Revision of the past simple and past progressive tenses 4. Some new facts about past simple and past progressive 5. Revision of the future simple tense and future-in-the-past 6. Revision of the present perfect and present perfect progressive tenses 7. Revision of the past perfect and past perfect progressive tenses
Vocabulary Points	1. Vocabulary for the talking points 2. The word combinations <i>would rather</i> and <i>had better</i> and how to use them 3. Vocabulary for describing human emotions 4. Words denoting colours 5. The phrasal verbs <i>to beat down/on</i> , <i>to beat off</i> , <i>to beat out</i> , <i>to beat up</i>
Word Building	1. Abbreviations and shortenings 2. Compound adjectives with participles I and II as their second components 3. Sound imitation as a means of making new words 4. Compound words with numerals in their structures
Other Linguistic Points	1. Informal style in speech 2. Idioms describing a person's physical condition 3. Words of sympathy

Consolidation Class (pages 48—52)

Test Yourself and Prepare for the National Examination (pages 52—56)

Project Work One (page 56)

UNIT 2. In Harmony with Others (pages 57—108)

Talking Points	1. Friends and their role in our lives 2. Our families and us 3. Connections between people 4. Family budget 5. House chores 6. The British Royal Family
Grammar Points	1. Sentences with the word <i>recently</i> and verbs in past simple and present perfect 2. Revision of the present, past and future passive tenses 3. Revision of the present progressive and past progressive passive tenses 4. Revision of perfect forms of passive

Vocabulary Points	<ol style="list-style-type: none"> Confusable phrases: word combinations with the verbs <i>do</i> and <i>make</i> Names of simple things that are around us in the house The phrasal verbs <i>to sign in/out</i>, <i>to sign off</i>, <i>to sign up</i>, <i>to sign on</i> Confusable words: <ol style="list-style-type: none"> <i>accident</i> and <i>incident</i> <i>as</i> and <i>like</i>
Word Building	1. Stress shifting as a means of making new words
Other Linguistic Points	<ol style="list-style-type: none"> Political correctness in speech Words we use when we want to make up a quarrel Idioms connected with the idea of richness and poverty
Consolidation Class (pages 101—104)	
Test Yourself and Prepare for the National Examination (pages 104—108)	
Project Work Two (page 108)	
UNIT 3. In Harmony with Nature (pages 109—163)	
Talking Points	<ol style="list-style-type: none"> Wildlife Ecological problems (natural and man-made) Human environment Wonders of Nature
Grammar Points	<ol style="list-style-type: none"> Revision of articles: a summary of most common cases of usage Passive structures with the infinitive Revision of articles: articles with the words <i>school</i>, <i>space</i>, <i>prison</i>, <i>church</i>, <i>bed</i>, <i>work</i>, <i>college</i>, <i>hospital</i>, <i>university</i> Perfect and progressive infinitives in some passive structures Revision of articles: articles with geographical names and place names More facts about articles with geographical names and place names Articles with nouns in different syntactic functions The definite article, typical cases of usage The indefinite article, typical cases of usage Articles with the nouns <i>breakfast</i>, <i>brunch</i>, <i>lunch</i>, <i>dinner</i>, <i>supper</i>, <i>tea</i>
Vocabulary Points	<ol style="list-style-type: none"> The adverbs <i>very</i>, <i>really</i>, <i>truly</i>, <i>absolutely</i> and how to use them The adjectives <i>comfortable</i>, <i>convenient</i>; the verbs <i>to visit</i>, <i>to attend</i> and how to use them The phrasal verbs <i>to cut down</i>, <i>to cut off</i>, <i>to cut out</i>, <i>to cut up</i> Confusable words <i>landscape</i>, <i>view</i>, <i>scenery</i>
Word Building	1. English compound adjectives denoting the cardinal points

Other Linguistic Points	1. English idioms with names of animals and plants in their structures 2. English phrases used to encourage a person or to calm him/her down
Consolidation Class (pages 154—158)	
Test Yourself and Prepare for the National Examination (pages 158—163)	
Project Work Three (page 163)	
UNIT 4. In Harmony with the World (pages 164—214)	
Talking Points	1. Why people travel 2. How people travel 3. Where people travel 4. Staying in hotels 5. What people do while travelling 6. What is good to remember while travelling 7. Sightseeing 8. Shopping
Grammar Points	1. Revision of English participles 2. Revision of English modal verbs 3. The modal verbs <i>must</i> , <i>can</i> , <i>could</i> , <i>may</i> , <i>might</i> to express probability 4. Modal verbs used with progressive and perfect infinitives of the notional verbs 5. The modal verbs <i>can</i> (<i>could</i>), <i>may</i> (<i>might</i>) to express an offer and request 6. The modal verbs <i>ought</i> (<i>to</i>), <i>be</i> (<i>to</i>), <i>needn't</i> 7. The modal verbs <i>mustn't</i> , <i>shouldn't</i> , <i>needn't</i> in comparison
Vocabulary Points	1. The English nouns <i>trip</i> , <i>journey</i> , <i>travel</i> , <i>voyage</i> 2. The English words <i>sick</i> and <i>ill</i> 3. English adjectives used only predicatively: <i>alive</i> , <i>afloat</i> , <i>alight</i> 4. The phrasal verbs <i>to set down</i> , <i>to set about</i> , <i>to set off/out</i> , <i>to set aside</i> 5. Confusable words <i>beautiful</i> , <i>handsome</i> , <i>pretty</i>
Other Linguistic Points	1. English idioms with the noun <i>world</i> in their structure 2. English expressions connected with certain situations
Consolidation Class (pages 206—210)	
Test Yourself and Prepare for the National Examination (pages 210—214)	
Project Work Four (page 214)	
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