



Level 3 Activity Pack

CDETB

An Bord Oideachais agus Oiliúna Chathair Bhaile Átha Cliath
City of Dublin Education and Training Board

© This activity pack was created by: Brona Cousins, Donna Hickey & Valia Theofilopoulou

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Gardening



Image 1

Many people enjoy gardening and love to have different flowers in bloom throughout the year. Gardeners have different interests and styles, many have a lawn with flowers and shrubs, some grow fruit and vegetables, others have herb gardens and rockeries and even ponds with fish. Allotments have become very popular over the last number of years, especially for people how live in apartments or those who don't have any outdoor space.



Image 2

Even if you have no outdoor space you can grow plants in pots indoors, almost anything can be grown in pots, giant ferns and yucca plants, flowers and herbs, cactuses and orchids. Having plants inside really brightens up your living space and is very good for the air quality too! Just remember to water them and most will last for years.

As easy place to start gardening is with herbs, usually you grow herbs from seed, but if you want to get a head start, you can buy them already planted from a supermarket or garden centre.

Here are some herbs that you can use in cooking.



Image 3

Alphabetical Order

Write the names in alphabetical order, the first one is done for you.

Cilantro is what Americans call coriander, for this exercise use the name coriander.

1.	Basil
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Growing Herbs at Home: Making a Herb Garden

Do you want to plant an herb garden but are not sure you can do it? Never fear! Starting an herb garden is one of the easiest things you can do. Growing herbs is an easy and delicious way to start gardening. Keep reading to learn about the steps for making a herb garden in your yard.

Choosing a Location for Starting your Herb Garden

Most of the herbs that you can grow at home need two things — sunlight and well-drained soil. This means that when considering places in your yard to plant your herb garden, you need to look for a location that gets six or more hours of sunlight a day and is well drained.

Preparing the Soil before You Plant your Herb Garden

Once you have chosen the location for growing your herb garden, you will need to prepare the soil. If the soil is sandy or clay heavy, add plenty of compost. Even if your soil is in good condition, working some compost into the soil will help provide nutrients to the herbs while they are growing.

Choosing the Herbs You Will Be Growing in your Herb Garden

Which herbs you grow in your garden depends largely on what you would like to grow. Almost all herbs will grow for at least one season. Some will grow year after year.

Planting and Growing Herbs

Herbs can be grown from seed or planted as plants. Planting herb plants is easier than starting them from seed, but if you are on a tight budget, starting herbs from seeds is not that difficult.

Once you have you have planted your herb garden, make sure that it gets 2 inches of water every week.

Also, make sure to pick your herbs frequently. Frequent cutting or picking of herbs will result in the herb plant producing more and more leaves, which increases the amount you are able to pick.

At the end of the season, you can also dry or freeze your herb harvest so you can enjoy homegrown herbs all year round.

Taking the time to plant your herb garden is very satisfying and easy. By starting your herb garden and growing herbs, you can add beauty to your garden and flavour to your kitchen.

According to the article above in what order do you do these things, write number 1 beside the first item, then number 2 and so on.

- _____ Add compost to the soil
- _____ Choose which herbs you wish to plant
- _____ Pick some herbs off the plants often
- _____ Choose a location for your herb garden
- _____ Water your herbs

I went to a garden centre and looked at the herb seeds that they had for sale. Here is a list of the herbs and how much they cost.

Name	Number of seeds	Price
Basil	400	€1.99
Chives	1,000	€3.57
Sage	65	€1.50
Parsley	6,600	€2.79
Rosemary	100	€3.10
Thyme	1,500	€2.49
Oregano	2,000	€2.89
Mint	1,250	€3.99

1. How much would it cost to but one packet of Parsley seeds and one of Sage seeds? _____
2. How much change would you get from €20? _____
3. How much for two packets of mint and two packets of chives seeds?

4. How much change would you get this time from €20? _____
5. If you had €20 to spend what would you buy? _____

6. How much would it cost you? _____
7. How much change would you have left? _____

Listening exercise

When we are outside in a garden or park there are lots of sounds that we hear, we might hear birds singing, traffic noise, children laughing, music playing, running water, a plane going overhead, people talking or a dog barking.

Go to a garden or park that you like and enjoy. Find a place to sit down on your own, sit quietly for a few minutes. Try to quiet your mind and just listen, close your eyes if you like. Listen for all the different sounds you can hear. Write down all the sounds you heard.

Did you enjoy doing this listening exercise?

If yes, what did you like about it?

If not, why not?

Did you find it peaceful and relaxing?

Would you do it again?

There is famous song with the names of four herbs in it. It is by Simon and Garfunkel called Scarborough Fair. Here are some of the lyrics from the song, just the first few lines, as it is very long!

Scarborough Fair

Image 4



Are you going to Scarborough Fair?
Parsley, sage, rosemary, and thyme
Remember me to one who lives there

She once was a true love of mine

Tell her to make me a cambric shirt
On the side of a hill in the deep forest green
Parsley, sage, rosemary, and thyme

Can you think of other songs that mention any kind of plant, tree, flower or anything to do with gardening? Think for yourself first but if you are really stuck you can try using google or ask someone. Lots of songs mention flowers, particularly roses. Here are some hints that may or may not help!

Tie a yellow ribbon ...

I never promised you a ...

Days of wine and ...

1. _____
2. _____
3. _____
4. _____
5. _____

Wordsearch: Find the words in the grid

Compost Herbs Thyme Allotment Garden
 Seeds Sunlight Watering Oregano Flowers
 Vegetables Forest Mint Season Soil
 Clay Tarragon Basil

T	A	R	F	L	O	G	A	R	C	O	M	P	O	S	T	P
M	I	N	O	W	A	T	E	R	I	N	G	C	F	E	A	V
V	F	L	S	A	H	A	S	E	E	C	L	L	O	A	R	E
C	L	O	U	T	O	R	E	G	T	H	Y	M	R	K	G	G
L	O	J	N	F	D	R	A	W	H	E	R	P	E	P	A	A
A	W	G	L	S	O	A	F	O	Y	R	V	E	S	N	R	B
D	E	H	I	V	E	G	A	R	M	Z	E	G	T	T	D	L
O	R	E	G	A	N	O	V	E	G	E	T	A	B	L	E	S
B	S	R	H	G	M	N	M	I	N	P	H	E	L	B	N	O
A	L	B	T	D	I	J	T	C	L	A	Y	S	A	Q	L	I
B	A	S	I	L	N	A	L	L	O	T	M	E	N	T	K	L
A	G	A	R	D	T	L	S	E	S	S	E	E	D	S	O	F
R	T	S	E	A	S	O	N	T	H	O	R	S	E	L	M	P



Image 5

What is WhatsApp?

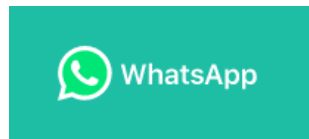


Image 6

WhatsApp is a free to download messenger app (application) for smartphones. WhatsApp uses the internet to send messages, images, audio or video. The service is very similar to text messaging services; however, because WhatsApp uses the internet to send messages, the cost of using WhatsApp is a lot less than texting.

To use WhatsApp you need the following:

- Compatible smartphone or tablet with a sim card
- An internet connection
- A phone number

How to Download WhatsApp

1. **Open your Android's Google Play Store.** It's a white app with a multi-coloured triangle on it. You'll find this app in the App Drawer.
2. **Tap the magnifying glass icon.** It's in the top-right corner of the screen.
3. **Type WhatsApp into the search bar, then tap Go.** This will search the Play Store for WhatsApp; it should be the top result on the next page.
4. **Tap the "WhatsApp Messenger" item.** Doing so will take you to WhatsApp's app page.
5. **Tap INSTALL.** This will be in the top-right side of the screen.



Image 7

6. **Tap ACCEPT when prompted.** It's at the bottom of the pop-up menu. Doing so will tell WhatsApp to begin downloading to your Android.

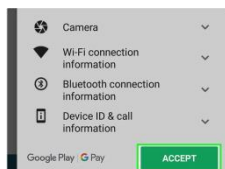


Image 8

7. **Wait for WhatsApp to finish downloading, and then tap OPEN.**

It's on the right side of the screen. Now that WhatsApp is installed on your Android, you can set it up.



Image 9

8. **Tap AGREE AND CONTINUE.** It's at the bottom of the screen.



Image 10

9. **Choose Ireland from the country dropdown arrow.**

10. **Type in your phone number.** You will enter this in the text field in the middle of the page.

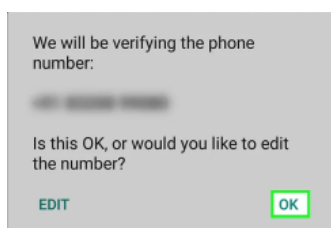


Image 11

11. **Tap OK when prompted.** WhatsApp will send a text message with a verification code to your phone number.

12. **Open your phone's messages app.** You will see a new text message here.

13. **Tap the new message.** It will say "Your WhatsApp code is [six-digit code] but you can also tap on this link to verify your device" in the body of the text.
14. **Type the six-digit code into WhatsApp.** This will confirm your phone's identity and redirect you to the account creation page.
15. **Enter your name and a photo.** You don't have to add a photo, though it will help identify you to other contacts (if you use a different name).
 - If you have downloaded WhatsApp before, you'll first have an option to restore your chat history.
 - You can also tap **Use Facebook Info** to use your Facebook picture and name.
16. **Tap Next.** It's in the top-right corner of the screen. WhatsApp is now installed and set up on your phone; you can begin using WhatsApp at your leisure.

Features of WhatsApp

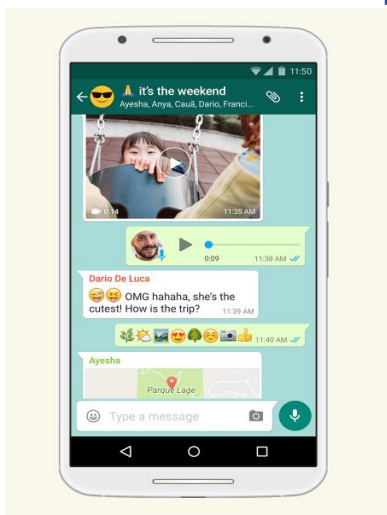


Image 12

Texts:

Message your friends and family for free. WhatsApp uses your phone's internet connection to send messages so you can avoid SMS fees.

Group Chat

Keep in touch with the groups of people like your family or co-workers. You can share messages, photos, and videos with up to 256 people at once on group chats. You can also name your group, mute or customize notifications.

WhatsApp voice and video calls

With free voice calls, you can talk to your friends and family, even if they are in another country. With free video calls, you can have face-to-face conversations for when voice or text is not enough. WhatsApp voice and video calls use your phone's internet connection, instead of your phone plan's voice minutes, so you don't have to worry about expensive calling charges.

Photos and videos

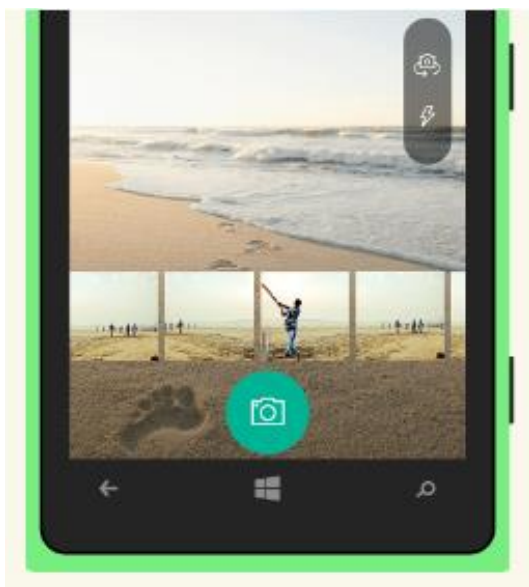


Image 13

Send photos and videos on WhatsApp instantly. You can also capture important moments that matter to you with a built-in camera. With WhatsApp, photos and videos send quickly even if you're on a slow connection.

Find your friends on WhatsApp.

WhatsApp will ask you for access to your phone's contacts. If you permit this, WhatsApp will use your contacts' phone numbers to search for WhatsApp users and then add them to favourites screen. It will list all of your contacts on the Contacts screen.

- If you choose not to permit this access, you can always add friends to WhatsApp manually using their phone numbers.¹

Exercise 1: Send a Text Message

1. Tap the WhatsApp icon on your phone, the screen should look like the image below:

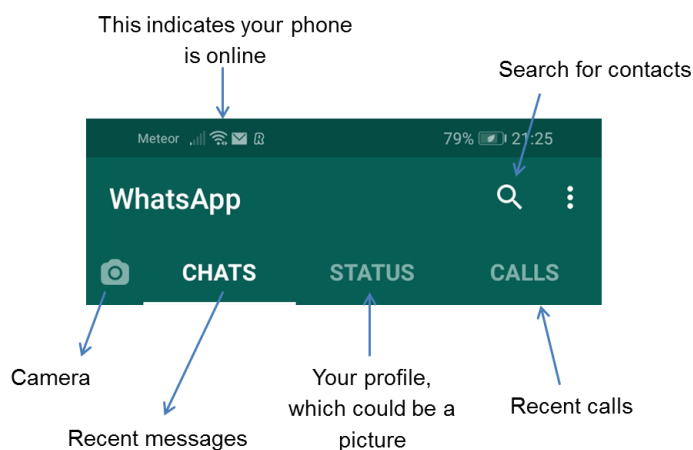


Image 14

2. If it's your first time to use WhatsApp, you will have to type in or search for your tutor's number.

3. Tap here to type your message.

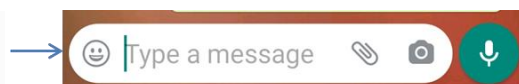


Image 15

4. A keyboard will appear.

¹ <https://www.whatsapp.com/>



Image 16

5. Type in the following message by tapping on the keys:

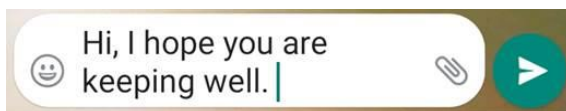


Image 17



6. If you make a mistake tap the delete icon



Image 18

7. When you are ready to send tap the arrow
8. When the message is sent the screen should look like the following image:

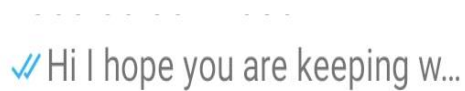


Image 19

What do the arrows mean in the WhatsApp screen?

Image 20

- ✓ message successfully sent.
- ✓✓ message successfully delivered to the recipient's phone.
- ✓✓ the recipient has read your message.

Exercise 2: Add Emoticons to Messages

Type and send the following WhatsApp message to your tutor's phone:

1. Type in the following message:

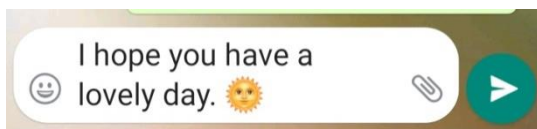


Image 21

2. To add an emoticon, tap on the smiley face on the keyboard



Image 22

3. Choose the emoticon you like by tapping on it. You can on the icons to choose different emoticons.

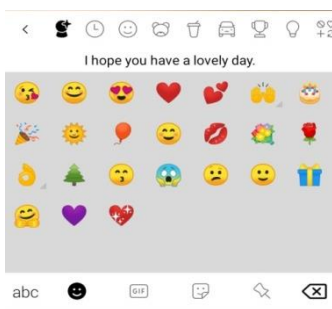


Image 23

4. When you are happy with your message, tap the arrow to the right of the message.

Read and reply to a WhatsApp message

To read a new message, tap on the message. To reply to a message, tap the message and type your reply in the empty text box.

Exercise 3: WhatsApp Speech to text

1. Open WhatsApp.
2. Open a chat with your tutor.
3. Open up the chat keyboard, where you normally type messages.
4. Look for a microphone icon (not the one next to the chat bar): on Android, its black and in the top right.

Note: To text a comma, just say the word comma. To text a full stop, just say full stop.


Speak the following message into your phone:

I received my student pack, thank you so much.

5. When you have checked your message, tap the arrow to send.

Share media, documents, location, or contacts in WhatsApp

1. Open an individual or group chat.

Tap the attach icon.  Image 24

Then, tap:

- Document to select a document from your phone.
- Camera to take a picture with your camera.
- Gallery to select an existing photo or video from your phone.
Tap and hold to select multiple images.
- Audio to send existing audio from your phone.
- Location to send your location or a nearby place.

- Contact to send the information of a contact saved in your phone's address book over WhatsApp.
2. You can also add captions to photos and videos. Swipe between photos to add captions to each one.



Image 25

3. When you have checked your message tap send.

Exercise 4: Send a picture in WhatsApp

1. Open a chat to your tutor.
2. Tap the attach icon and choose gallery. If your pictures are in folders, tap the folder to open it. Tap the picture you want to attach to select it. You can select more pictures by tapping on the pictures.
3. Add the caption." Attached picture" and send.

Exercise 5: Edit a picture in WhatsApp and share

1. Take a picture with your phone.
2. Edit the picture to BW (black and white).
3. Save the picture to your phone.
4. Open the Gallery on the phone and tap the picture to select.
5. Tap share, from the options choose WhatsApp.
6. Choose your tutor from recent messages and tap send.
7. Add the following caption: Edited photo and tap the send arrow.

Taking a picture using a SAMSUNG smartphone

Step 1

From the home screen, swipe up to open your apps



Image 26

Step 2

Select the Camera app

Choose photo if video is selected.



Image 27

Step 3

Tap the Flash icon to turn the flash on or off

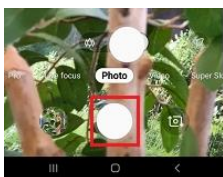


Image 28



Image 29

Step 4

Point the camera lens at the back of the phone at the required object/subject.

Drag two fingers in or out on the screen to **zoom** in or out.



Image 30

Step 5



Tap the camera icon to take the picture.

Image 31

Step 6



To return to the home screen, tap the home key.

Image 32

Note: Your picture should now be saved to the Gallery on your phone.

Taking a picture using an HUAWEI Smartphone

Step 1: Tap the camera icon.



Image 33

Step 2: Choose photo if video is selected.



Image 34

Step 3: Tap the Flash icon to turn the flash on or off

Tap to choose the required setting

- Auto
- Of
- On
- Always on



Image 35

Step 4: Point the camera lens at the back of the phone at the required object/subject. Drag two fingers in or out on the screen to zoom in or out.

Step 5: Tap the camera icon to take the picture.

Step 6: To return to the home screen, tap the home key.



Image 36

Note: Your picture should now be saved to the Gallery on your phone.

How to use the basic camera features

Step 1

For using the basic photo mode, tap to open the Camera.



(Image 38)

In the viewfinder, touch to take a picture or you can select a camera mode from the preinstalled ones.

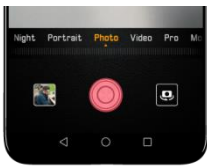


Image 39

Step 2

The camera features an Assistive Grid, which helps you compose photos to the size you want.

Tap settings in the top right corner and choose assistive grid. Your screen will now have gridlines.




Image 40

Step 3

The camera allows you to easily zoom in or out. Just touch the screen with two fingers and pinch them together to zoom in or move them apart to zoom out. A zoom bar will appear on the side of the screen and you can use it to control your camera.

Step 4

The camera will automatically set the exposure depending on the ambient light, but you can manually adjust it. Touch the screen and drag

the icon  up or down. By increasing the exposure, you can take brighter pictures, while a decreased exposure will darken the photos.


Step 5

Turn on the flash for brighter pictures. Tap the flash icon in the top left corner and choose the setting you require.

Note: You can edit your pictures anytime from your gallery.

Editing tips for pictures

Adjust, crop, or rotate a photo

1. Open the photo you want to edit.
2. Tap Edit.
 - To add or adjust a filter, tap Photo filter.
 - Tap to apply a filter, tap again to adjust.
 - To manually change lighting, colour, or add effects, tap Edit and tap Adjust.
 - To crop, tap Crop  and drag the edges
 - To rotate the photo, tap rotate.
3. At the top right, tap **save**.

Your edits will be applied to the photo, but you can undo them at any time.

If your photos are not backed up, edits will be saved as a separate photo.

Note: Take your time and look at all editing options, you can always undo the changes if you don't like them.

A

Minder needed

We need a babysitter to look after our two girls aged 4 and 6 after school

from 3 p.m. – 6 p.m., Mon – Fri.

€10 per hour.

Call Ellen on 0867733424

B

French Institute

Do you speak French? We are looking for breakfast and lunchtime staff to work in our café on weekends.

Come in (9 a.m. – 7 p.m.) or call Cecile on 0867733424

D

Our Local Pharmacy

We are looking for an experienced part-time shop assistant to work every Saturday for the months of July and August.

Send your CV to
ourlocalpharmacy@yahoo.com

C

Pizza Uno

We are looking for drivers to deliver in south Dublin on Thursday, Friday and Saturday evenings after 6 p.m. You must have a valid driving license.

Interested? Ask Giorgio for more info (0873442756).

Match the job adverts with the descriptions and write a-d next to the number 1- 4.

- | | |
|-----------------|-----------------------|
| 1.advert A | a. Delivering pizza. |
| 2.advert B | b. Minding children. |
| 3.advert C | c. Working in a shop. |
| 4.advert D | d. Working in a café. |

Circle the job advert that answers the question.

1. In which job do you have to work late in the evenings?
A B C D
2. In which job do you need to speak a foreign language?
A B C D
3. In which job is experience required?
A B C D
4. In which job do you start at 3pm?
A B C D
5. In which job is a CV required?
A B C D
6. In which job will you be driving around south Dublin?
A B C D

Circle *true* (T) or *false* (F) for these sentences.

- | | | |
|--|---|---|
| 1. In advert A, you will be earning 40 euro a day. | T | F |
| 2. In advert D, you don't need to work in June. | T | F |
| 3. In advert B, you are required to work every Friday. | T | F |
| 4. In advert C, you need to have a driving license. | T | F |
| 5. In advert D, you should call the pharmacy for more information. | T | F |
| 6. In advert B, you should speak French. | T | F |

Put the words in the correct order.

1. babysitter/two girls/will look after/The/school/after.

2. required/shop assistant/is/for/Experience/job/the.

3. French/Only/the/work/speakers/Institute/in/can/French.

4. is/Uno/looking/Pizza/a/for/driver.

Your friend Mary is looking for a part-time job. Her husband is retired and her two daughters are now both in college. She has to drive to Kildare every weekend to care for her mother-in-law. Write a few sentences about which job you think would suit her best and why.



Image 41

Wordsearch

Search for the following occupations in the grid of letters.

1. Someone whose job is to make clothes that fit perfectly for a customer (six letters, starts with T).
2. A person who prepares meat and sells it (seven letters, starts with B).
3. Someone whose job is to welcome people at a hotel (twelve letters, starts with R).
4. A person who writes scripts for films (twelve letters, starts with S).
5. A person who installs, maintains, operates, or repairs electrical equipment (eleven letters, starts with E).
6. A person who makes things out of wood and repairs them (nine letters, starts with C).
7. Someone who cares for books and lends them to people (nine letters, starts with L).
8. A person who teaches in a university (eight letters, starts with L).
9. Someone who minds children (ten letters, starts with B).

L	S	C	R	E	E	N	W	R	I	T	E	R	M	A	U	E	U
I	U	B	V	E	P	B	F	J	T	H	E	M	B	L	T	E	J
B	M	W	A	L	C	E	L	E	C	T	R	I	C	I	A	N	V
R	Z	G	L	B	S	E	Y	A	R	N	E	A	Z	D	I	U	B
A	A	H	U	E	Y	D	P	E	T	O	L	S	G	Y	L	M	A
R	G	A	J	Q	C	S	P	T	R	R	V	R	O	C	O	Z	H
I	V	Z	G	C	K	T	I	V	I	P	K	E	L	O	R	O	B
A	Y	S	Z	Z	O	Y	U	T	M	O	M	S	H	J	I	S	C
N	G	G	U	F	G	V	W	R	T	K	N	B	J	T	L	I	N
B	U	T	C	H	E	R	R	F	E	E	B	I	I	J	Y	D	O
X	K	I	O	D	L	U	V	Q	R	R	R	J	S	W	B	C	X
Y	S	X	C	A	R	P	E	N	T	E	R	Z	I	T	Y	D	H

Working from home



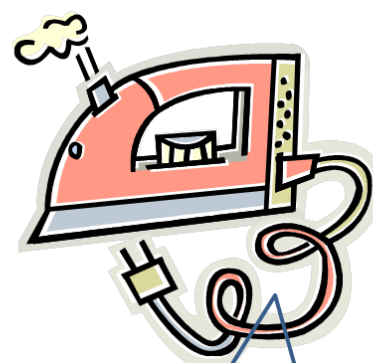
Mary

I have my own business. I design and make rings, bracelets and necklaces at home. Then I sell them online. My daughter helps me. I don't earn a lot but I love my job. It's fun! I work every morning.



David

I am a virtual receptionist. I book appointments for a dental surgery from home. I work from 9.00-5.00, Monday to Friday. I find my job boring. I wish I could work with people.



Ronan

I work every day in the morning, in the afternoon and in the evening! I am a stay at home dad. My wife works as a nurse. We have three boys. It's a difficult job but I love it! Its never boring.

Image 42

Read the information and complete the table. Put a “YES” or a “NO” in the boxes to answer the questions.

	Mary	David	Ronan
Job	<i>Jewellery designer</i>	<i>Virtual receptionist</i>	<i>Stay at home dad</i>
Who has children?			
Who likes their job?			
Who works in the evening?			
Who spends time on the phone?			
Who works at the weekend?			
Who enjoys their work?			

What do you think are the advantages and disadvantages of working from home?

Advantages	Disadvantages

Health and Wellbeing

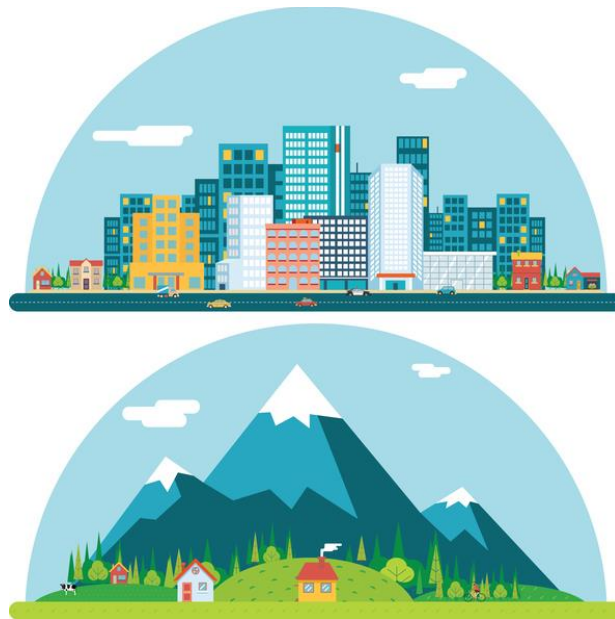


Image 43

Mike Wilson is writing to an old friend a year after moving to a village to escape the stresses and strains of life in the city.

Dear Steve,

Well, here I am in a peaceful, rural retreat, living closer to nature and free of all the tension caused by the traffic and a hectic city lifestyle. As you know, I decided to take this teaching post in a small village because I thought I could get away from the pressures of the city, and get more exercise, eat healthier food and so on. But I'm afraid it hasn't turned out exactly as I planned!

In the city I was teaching all day and then working as a waiter in the evening, just to earn enough to cope with the high cost of living and I found I mainly needed the money to pay the high rent and transport costs in the city. I never had time to cook fresh vegetables, and I always ate unhealthy

snacks, or often missed meals altogether. I felt under constant pressure to go out when I could, see films and meet friends, and I was trying to advance my career by taking on extra work at school. The stress of the competition with other members of staff was making me nervous and irritable, and I often had colds or other minor illnesses, which I put down to my body being in bad condition. I felt that I was abusing my health, and sometimes I thought I just couldn't face all the tension-it sometimes seemed that I was heading for a nervous breakdown.

Well, I am still sure I was under too much stress, and I definitely needed a change, but now I've come to the conclusion that we all suffer from a certain amount of stress and pressure in our lives. You see, life here is so quiet that I find it hard to work up any sort of enthusiasm for anything. The job is very easy, and in the evenings I sometimes go to a local café, or read, or watch TV, and I go for long walks. My eating habits are much healthier, and I do feel much fitter, but I'm terribly bored! I think I've gone to the other extreme by coming here, and now I've decided that I need some sort of a challenge in my life, so I've started a youth club in the village. We've raised some money and we're building the place ourselves, there's lots to plan and organize, so I always have something to occupy my mind; however, it isn't anything like the sort of frustrating stress I had before. I've come to terms with the stress aspect of life, a little of it is fine as long as we are able to relax and unwind afterwards. Would you like a job in the youth club?

Yours,

Mike

Exercise 1

Choose the correct answer:

1. Mike's cause of stress has been
 - a. The fear of losing his teaching job.
 - b. The inability to socialise.
 - c. The hectic city lifestyle.
 - d. The lack of adequate urban space.

2. How has Mike experienced stress in the city?
 - a. He has been feeling exhausted in the evenings, often watching TV passively.
 - b. He has suffered from persistent stomach problems.
 - c. He has become aggressive in his job.
 - d. He has been unable to unwind after work.

3. Does Mike enjoy his life in the village?
 - a. No, he is thinking of returning to the city despite the fact that he feels fitter and healthier.
 - b. No, he is feeling lonely and depressed.
 - c. Yes, especially after developing the idea of starting a youth club.
 - d. Yes, he loves the slow rhythms of rural life.

4. Why is Mike writing to Steve?
 - a. To ask him if he wants a job at the youth club.
 - b. To reflect on his life in the city.
 - c. To catch up after his move to the village.
 - d. All of the above.



Image 44

Exercise 2

Choose from the following words to fill in the blanks:

Fatty food drinking quality exercise sports relaxed

Some ways to maintain a healthy mind and body are;

1. Regular _____ to build up the body's immune system /strengthen the heart.
2. Maintain a balanced diet and cut down on processed meat and _____.
3. Improve working conditions, making the environment friendly and _____.
4. Give up smoking and excessive _____ to remain healthy.
5. Take up _____ to release pent-up feelings
6. Allow _____ time for friends and family.

Exercise 3



Image 45

Exercise helps to keep you healthy in mind and body in many ways:

- Exercise releases endorphins, which are brain chemicals. Endorphins make us feel good.
- Exercise is a great way to get out and meet people. Having fun with other people reduces stress.
- Exercise burns up fat and stops you getting overweight.
- Exercise reduces stress.
- Exercise helps to take your mind off your worries
- Exercise relaxes tense muscles.
- Exercise helps you to sleep better.

Put a ✓ in the correct box

	Yes	No
1. Endorphins are brain chemicals.	<input type="checkbox"/>	<input type="checkbox"/>
2. Endorphins cause depression.	<input type="checkbox"/>	<input type="checkbox"/>
3. Exercise causes stress.	<input type="checkbox"/>	<input type="checkbox"/>
4. You should exercise 5 times a week.	<input type="checkbox"/>	<input type="checkbox"/>
5. Exercise relaxes tense muscles.	<input type="checkbox"/>	<input type="checkbox"/>

Solve the clues and the word in the shaded column will spell out something to do with keeping fit.

		1								Not relaxed (5)
		2								Way out (4)
		3								Assists (5)
	4									Anxiety (6)
5										Parts of the body (7)
	6									Heaviness (6)
			7							Exercise in water (4)
		8								At ease (7)

Think and Write



Image 46

This is the scene out of Mike Wilson's apartment window in the city every day around 4pm. Have a look at the picture and give your opinion in answering the following questions.

1. Where do you think everyone is going?
2. Note down five words that come into your mind when you look at the image.

3. Do you think life is harder in a city than in the countryside?
4. How do you cope with stress?

5. Continue writing the response to Mike's offer:

Dear Mike,

I am glad to hear that you are keeping busy and well! Thank you for the offer to work in the youth club.

Looking forward to hearing back from you.

All the best,

Steve

Transport


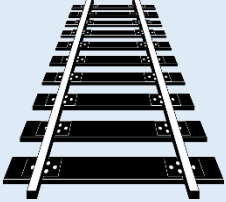

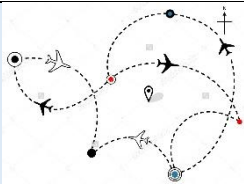


Image 47

Transport is all about movement, the movement of people and goods from one place to another. When we think about transport, we think of buses, trains, cars, airplanes, bicycles and ships. Transport takes place on the roads, by rail, on the seas and rivers and in the skies. Another way of saying that is that there are four means of transport, roadways, railways, waterways and airways.

Place each of these vehicles under the correct heading

Bicycle, Airplane, Helicopter, Bus, Ferry, Rocket, Tram, Hot Air Balloon, Barge, Motorbike, Boat, Ship, Car, Train, Submarine, Taxi, Steam Engine,

<p>Roadways</p> 	<p>Railways</p> 
<p>Waterways</p> 	<p>Airways</p> 

Images 48-51

Exploring Transport in Leixlip

Leixlip is a town of almost 20,000 people and is directly to the west of Dublin. The town is 15km from Dublin city on the road to Galway, Sligo and the West. It is in County Kildare.

Leixlip is an interesting example of modern transport, and of the problems caused by increased traffic and some of the solutions to these problems.



Image 52

Leixlip Location

Leixlip used to be on the main road between Dublin and the west of Ireland. This meant that traffic had to pass through Leixlip village to get to the west. Now, the M4 motorway bypasses the town.

The commuter rail service, called the Arrow, services Leixlip. Many people live in Leixlip and travel to work in Dublin City.

Leixlip is surrounded by water. It is here the River Liffey and the River Rye meet. The Royal Canal also passes through Leixlip.

Leixlip is a good example of the changes in traffic that have taken place in Ireland over the years.

There are two forms of public transport serving Leixlip - bus and train. As buses and trains can transport more people at once than a car, using public transport will help reduce traffic problems and pollution.

Leixlip is part of the Dublin Bus network.

It is serviced by the 66 route.

Train



Image 53

Leixlip to Drumcondra Train Route

If you wanted to go to Croke Park in Dublin to watch a match you could travel by train. The nearest train station to Croke Park is Drumcondra.

Questions

1. How far is Leixlip from Dublin?

2. Which motorway bypasses the town?

3. What is the name of the commuter train that services Leixlip?

4. Which canal flows through Leixlip?

5. Which bus would you get from Leixlip into Dublin?

6. Name two other towns on the Arrow line into Dublin.

66a Bus Timetable

Bus

66a

Buses from/to

From Merrion Sq. Towards Leixlip (Captain's Hill)

Operative Date: 20/01/2019

Version: TT 9.1

From Merrion Sq. Towards Leixlip (Captain's Hill)

[View on Map](#)



Cearnóg Mhuirfean , Droichead Uí Chonaill , Sráid Gheata na Páirce , Séipéal Iosóid , Larionad Ghleann na Life , Sráidbhaile Leamhcáin , Abhainn na Foraoise

Buses leave terminus at:

Monday to Friday				Saturday				Sunday			
06:20	07:20	08:30	09:30	06:37	07:37	08:37	09:37	08:40	10:40	12:40	14:40
10:30	11:30	12:30	13:30	10:37	11:37	12:37	13:37	16:40	18:40	20:40	
14:30	15:30	16:30	17:30	14:37	15:37	16:37	17:37				
18:30	19:30	20:30	21:30	18:37	19:37	20:37	21:37				
22:30	23:10			22:37							

All times are off peak estimates

From Leixlip (Captain's Hill) Towards Merrion Sq.

[View on Map](#)



Abhainn na Foraoise , Sráidbhaile Leamhcáin , Larionad Ghleann na Life , Séipéal Iosóid , Sráid Gheata na Páirce , Droichead Uí Chonaill , Cearnóg Mhuirfean

Buses leave terminus at:

Monday to Friday				Saturday				Sunday			
06:20	07:20	08:30	09:50	06:29	07:29	08:29	09:29	07:40	09:40	11:40	13:40
10:50	11:50	12:50	13:50	10:29	11:39	12:39	13:39	15:40	17:40	19:40	21:40
14:50	16:00	17:00	18:00	14:44	15:44	16:44	17:44				
19:00	19:50	20:40	21:40	18:44	19:39	20:39	21:39				
22:40				22:39							

River Forest >> 11mins >> Lucan Village >> 9mins >> Liffey Valley Shopping Centre >> 7mins >> Chapelizod >> 7mins >> Parkgate St. >> 8mins >> O'Connell Bridge >> 10mins >> Merrion Sq.

Image 54

Questions

1. What time is the first bus from Leixlip to Dublin on a Tuesday morning?

2. What time is the last bus from Merrion Square on a Saturday evening?

3. How many buses are there from Dublin to Leixlip on a Sunday?

4. If the bus usually takes an hour and 15 minutes, which bus from Leixlip would you get to be in Merrion Square if you had an appointment on Monday at 3:30 in the afternoon?

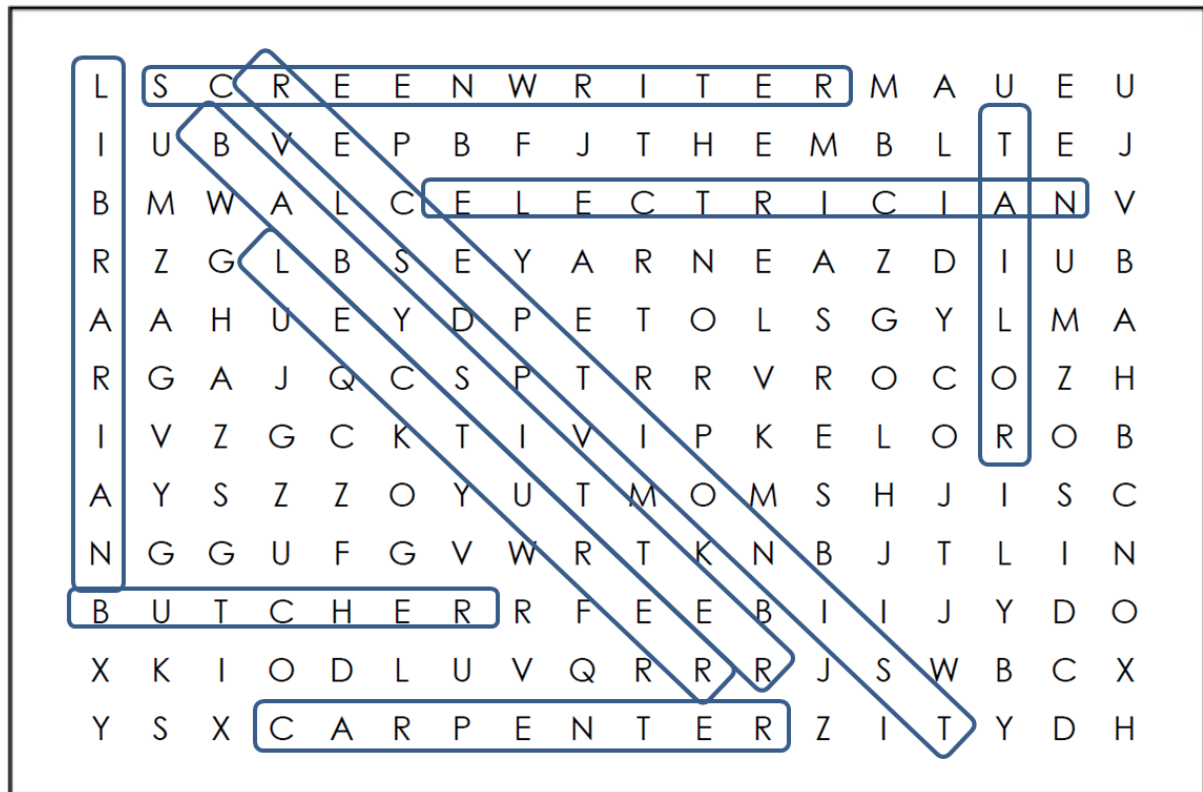
5. How many buses are there on a weekday from Merrion Square to Leixlip?

6. How frequent are the buses on a weekday?

Writing

Write a story about a journey that you have taken. It can be just about the facts or it can be imaginative. Your piece of writing could be about a journey that you often take, for example getting to college. It could be about a journey that you only took once, for example, a flight you took to go on holidays. Please give lots of details, particularly about the type of transport and route you took.

Answer Key Wordsearch Page 29



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