

SAMPLE COMPOSITIONS

American Download B1 Workbook

1 Family and Friends (page 10)

You can't trust everyone!

Have you ever told your friend a secret, but they didn't keep it? Well, that's what happened with my friend Annie. We had been friends since we were 12 years old, but recently she let me down.

Although Annie was my friend and I thought I knew her, I was wrong about her. At school she is really popular and everyone gets along well with her. She's thin and beautiful with long, dark hair. I thought that the most wonderful thing about her was that she was trustworthy.

What made me change my mind? Well, last month I told her that I didn't like another girl, Alex, at school. Recently she has started hanging out with Alex and I found out that Annie told her how I felt about her. Annie was always a kind person, so I don't know why she changed and became so mean.

Now I feel like I can't trust her and I don't want to be her friend. In the future I will make sure someone can keep secrets before being so open.

2 House and Home (page 16)

It had been twenty years since Richard had seen the house he grew up in and, taking a deep breath, he rang the doorbell. He was so nervous that his hands wouldn't stop shaking.

As soon as the door opened and he saw a tall, dark-haired man standing there, he knew immediately it was his brother, Matthew. For a moment Matthew just stood there and didn't say a word. Richard could hear children playing in the background, and there was a dog barking, too. Richard felt like that moment lasted forever, but just as he was about to speak, a smile appeared on Matthew's face. He had suddenly realized who was at his front door. Matthew was so excited to see him.

After Richard had met his brother's family and looked around his old house, the brothers sat down for lunch and talked for hours. They had many years to catch up on.

Later, as Richard was leaving, he felt happy he had finally seen his brother again. He knew it wouldn't be too long before they saw each other again.

3 Free Time (page 25)

Hi Jenny,

Thank you so much for inviting me to your party. Yes, I'd love to come.

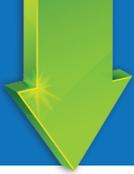
I'd love to stay the night at your house after the barbecue. I'd prefer to stay in your room rather than sleep on the couch, because people might need to come into the living room and I might be in the way. We can stay up late talking in your room!

On Sunday, after we've gone skateboarding with your cousins, how about we go to that new café and get milkshakes? I went there last week for a friend's birthday and the food and drinks are fantastic. I tried the strawberry milkshake and it was really tasty!

Thanks for offering to meet me at the station. My train arrives at 12:30 pm.

I can't wait to see you!

Take care,
Susanna



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4 Education and Learning (page 32)

Students have mixed views on whether to go on a school trip or not. Some think it is beneficial, while others think it is a waste of time and money.

The main advantage of going on school trips is that students can learn about something first hand instead of reading about it in a book. Moreover, school trips allow students to learn new skills through exploring. Another advantage is that it is a good bonding experience. The students can build strong relationships with classmates on the trip. Finally, going on school trips gives students the opportunity to take control of their own learning and encourages them to teach themselves.

On the other hand, school trips take time. Time is wasted and teachers lose important teaching time in the classroom. Lastly, when students are out of the classroom, teachers can find it difficult to control the students' behavior and to make sure they are safe.

In my opinion, I think it's important to get out of the classroom and experience things in real life instead of just learning from books.

5 The City (page 40)

The best city to spend a weekend in

Would you like to visit a city where there is a lot to do on the weekend? Well, come to Cleveland. You won't get bored if you spend your weekend here.

First of all, you won't go hungry in my city. Lots of people meet in one of the many lively, open-air cafés to relax and chat on the weekend, or have lunch or dinner at one of the many restaurants, which offer dishes from around the world. There are also some fast-food restaurants that play great music and serve fantastic burgers and fries.

There are plenty of other places to go, too. On Saturday, many people like to go shopping, and we have a big indoor shopping center with many clothing shops. As far as music goes, the city has a lot to offer. There is a big stadium where they have music festivals on the weekends in the summer.

In short, there are lots of things to do in Cleveland on the weekend and you are guaranteed to have a good time!

6 Food and Drink (page 47)

A restaurant to avoid!

If you're looking for a cheerful atmosphere, well-cooked food and polite waiters, then avoid *California Burger*, the new fast-food restaurant in New Haven.

It's dark and depressing, and the first thing you notice when you walk in is the very loud rock music playing in the background. When I went with a friend, it was so noisy that we couldn't even hear each other speak.

I wanted to try one of their specialty burgers, so I chose the Extreme Barbecue Bacon Cheeseburger, with French fries and onion rings. Unfortunately, the burger was over-cooked and my fries were cold. The menu has lots of different burgers to choose from, but they are really expensive.

The service was extremely slow, and the waiters were rude. Our waiter took our order, but forgot to ask what drinks we would like. Then we had to wait 45 minutes for our food.

My friend and I both hated our meal. I don't recommend the restaurant to anyone who is looking to eat a tasty, specialty burger. All in all, it was very disappointing!



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7 Mind and Body (page 56)

Dear Linda,

It was good to hear from you, but I'm sorry to hear about your sister. I can imagine how she feels. I sprained my ankle a few months ago, and I couldn't play tennis for three weeks.

Have you thought about taking your sister to a local sports game? She might not be able to take part, but she may enjoy watching instead.

How about watching the two-week tennis competition on TV that starts this Saturday? They show the women's and men's matches every day starting at noon. That will definitely keep her occupied.

Why don't you plan a fun night at home? Invite some of her friends over, order a pizza, eat ice cream, and rent your favorite movies. Doing things she enjoys with friends will make her feel happier. Whatever you do, don't let her sit around doing nothing.

Don't worry too much; I'm sure everything will be OK soon.

Anyway, I hope my advice helps. Let me know what happens.

Love,

Maria

8 The Natural World (page 62)

As Mary climbed higher, she heard her friends shouting, "Don't look down!" She was feeling anxious and very frightened that she would fall, but she knew that if she was going to get over her fear of heights, she had to make it to the top of the cliff.

The sun shone brightly against the white rock, and Mary was glad she was wearing sunglasses. The wind was blowing, which made her feel unsafe, and as she climbed higher up the rock, she was pleased that her climbing instructor was behind her.

Eventually, Mary reached the top. Two other climbers pulled her up. As she sat exhausted at the top, she could see her friends all the way down at the bottom cheering and clapping.

Later, back at the campsite, Mary's friends congratulated her on her achievement. Mary felt proud that she had overcome her fear, and they all started planning their next adventure!

9 Transportation (page 70)

Dear Editor,

I've just read an article in your newspaper about how tourists prefer to use forms of transportation other than ferries to get to the islands. In my opinion, the ferry companies need to invest in better ferries and reduce their prices. It also needs to be easier for tourists to find their way around the port. I would like to make some suggestions about how to improve the situation.

First, more tourists would use the ferries if tickets were cheaper. Reducing the price would encourage people to travel this way.

Second, ferries should be a quick and convenient form of transportation. If the ferries were improved and modernized, trips would be shorter and more pleasant, so the number of people using them would increase.

Finally, the layout of the port should be improved to encourage more people to use the ferries. At the moment, the ticket office is far away from the ferries, and it's not clear where to go once you're in the port because the signage is poor.

I believe we can get more people to use ferries if transportation officials act on my suggestions.

Best regards,

Ezra Yoo

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10 Technology (page 77)

In the old days when the Internet didn't exist, people had to watch whatever was on the television at the time. Nowadays that is changing, and people are using the Internet. In my opinion, watching videos and movies on the Internet is much better.

The main reason people prefer the Internet is variety. People can watch whatever they like, whenever they like. It is more convenient than watching television. If you want to watch an action movie, for example, but it isn't on television that night, you can just go online, search for it and watch it.

Another reason is that it is much easier to watch videos and movies on your laptop anywhere you want. For example, if your parents are watching the news on television, but you don't want to watch it, you can go to your bedroom and watch something online there.

On the other hand, the quality of videos and films are often better on bigger, HD televisions. Moreover, sometimes videos and films on the Internet stop and start if your Internet connection is slow, which can get pretty annoying.

To sum up, you can always find something to watch on the Internet, but I believe people will still watch television because the quality is better.

11 Entertainment (page 86)

After-School Activities

Introduction

The aim of this report is to describe the after-school activities, including how often they take place and the facilities, and to suggest any changes that would improve them.

The activities

The school offers many activities after school, including a choir group, drama workshops and art classes.

How often they take place

The choir group meets every Wednesday afternoon at 3:30 pm in the music room. There are drama workshops every Tuesday and Thursday at 3 pm in the drama studio, and the art classes take place on Friday at 4:15 pm in the art room.

Facilities

The school is well heated after normal hours, the restrooms are open as usual, and the students participating in the activities are well supervised by teachers. Cold snacks and drinks are offered at the snack bar.

Recommendations

I recommend that the art classes take place earlier so that students do not have to wait a long time for it to start. In addition, the areas used should be cleaned afterward to make sure they are ready for classes the next day.

12 Sports (page 93)

Dear Mr. Silver,

I am writing to request some information about the summer sports classes at the Southsea Sports Complex, which I recently saw advertised in a newspaper. I am very interested in learning a new sport and in taking one of your classes.

First of all, could you tell me whether you have classes for my age group? I will be 16 years old in June.

Second, the advertisement lists a variety of sports, and I would like to know whether I can choose more than one sport to learn.

Third, I understand that equipment and instruction are provided, but could you tell me whether I would need any special clothes or shoes?

Finally, two of my friends are interested in joining with me, so would you be able to tell us how much the classes would be?

I look forward to hearing from you.

Best wishes,

Phil Metzger