

## **#fircroftcollege**

## Easy English at Home

Fircroft College of Adult Education



## **ABOUT THIS WORKBOOK**

This workbook has been designed by Fircroft College of Adult Education to help individuals and families to develop their English reading and writing skills during COVID-19.

## FIRCROFT COLLEGE OF ADULT EDUCATION

Fircroft is an adult education college (19+) situated in Selly Oak, Birmingham, close to the city centre and easily accessible by train, bus and road and welcomes students from across the West Midlands. The college offers a range of short courses including personal and professional development, employability training, social justice, English language courses and functional skills as well as online courses. The college offers extra support to students who may find learning challenging and are perhaps going through a period of change in their lives.



## **HOW TO USE THIS WORKBOOK**

The workbook is divided into five sections:

**SECTION 1: Food and shopping** 

SECTION 2: Doctors and health

**SECTION 3: Time** 

**SECTION 4: Local area** 

**SECTION 5: Skills** 

Each activity has an image that tells you the level, please see the table below:

**
*

You can start and complete the tasks as you wish, we would recommend working through the topics every day if you can to practice your English.

You can complete this workbook by yourself or with your children and family as we have included some family and child-friendly activities. If you get stuck look out for 'Help'.

If you want to challenge yourself look out for 'Try this' -



As you complete each task or section use the Goal Chart to record your achievements weekly

We hope you enjoy the workbook, stay well, keep safe and keep practicing your EnglishFrom Fircroft College @

## **ESOL GOAL CHART**

Instructions: Set yourself a goal and colour in the smiley face on the day you complete it

|--|

Try to set as many goals as you can and when you complete, reward yourself – maybe a family dinner or a walk on a sunny day

## **SECTION 1: FOOD AND SHOPPING**



**Instructions:** Read the words below and circle the word you can

see.





Strawberry Melon Lemon
Orange Pineapple
Banana Lime Apple



## Try this:

How many bananas are there? ........... What colour are the apples? .........





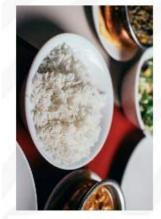
Instructions: Read these words and match them to the pictures on the next page.

- Biscuits
- Coffee
- Olive Oil
- Milk
- Fish
- Tomato Sauce
- Bread

- Potatoes
- Eggs
- Pizza
- Rice
- Jam
- Salt
- Water



































## **Instructions**: Read the text below and answer the questions



Customer: Hi there.	Hi there.	
Shopkeeper:	Shopkeeper: Hello. Can I help you?	
Customer:	Customer: Yes. I am looking for a red onion.	
Shopkeeper:	Shopkeeper: They are over there next to the carrots.	0000
Customer:	Customer: Oh yes, I got it. How much is this?	ELEVATOR
Shopkeeper:	Shopkeeper: 2 pounds per bag.	
Customer:	Customer: Can I have one bag please.	5
Shopkeeper:	Shopkeeper: Is there anything else?	100
Customer:	Customer: No. That's everything. Thanks.	ω
Shopkeeper:	Shopkeeper: Do you need a bag?	200
Customer:	Customer: How much is this?	4.
Shopkeeper:	Shopkeeper: Bags are 10p.	20
Customer:	Customer: Oh yes please.	
Shopkeeper:	Shopkeeper: That will be 2 pounds 10 please.	
Customer:	Customer: Okay. There you go. Thanks.	

## Read and answer the questions.

Where wen	□ carrots □ onions	Wha Tick
2. Where were the red onions?  3. How much was the bag of onions?  4. How much was the shorping?	rrots	<ol> <li>What did the customer want to buy?</li> <li>(Tick \( \sigma \) the correct answer)</li> </ol>



**Instructions**: Read the words below and write what you can see in the trolley



<b>Eggs</b>	Cabbage	Coffee	<b>Apples</b>	Beetroot	Carrots
Water	Sugar	Lemon	<b>Orange Juic</b>	e Teaba	gs Olives
	Milk	Bread	Tomatoes	Aubergii	ne
•••••	•••••	•••••	•••••	•••••	•••••
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## **Try this**

Do you use any of the food above in your cooking? Tell us what you use here

.....

## **Instructions:** Write what fruits you can see at the shop below:





Example: effectives	
	•

**HELP** If you don't know the word in English try using Google Translate on your

phone to translate this from your own language to English or ask a friend or family member

Did you learn any NEW WORDS? Place them here:



## **Instructions**: Find the words below in the wordsearch



С	S	C	а	г	r	0	1	m	b	е	n	0	b	m
h	а	а	t	i	е	0	d	р	е	Г	е	0	е	f
0	n	k	0	i	r	b	t	f	ì	s	е	b	а	r
С	d	е	0	r	а		f	0	е	Z	d	а	n	k
0	w	0	а	р	е	0	r	е	р	е	z	n	d	е
I		С	е	m	С	С	h	р	а	s	t	а	t	t
а	С	u	0	d	е	С	n	u	t	е	р	n	d	t
t	h	С	а	h	а	0	t	0	t	С	е	а	b	r
е	р	1	u	е	t		d	i	b	h	а	n	u	u
С	а	е	f	С	m	i	u	е	u	į.	Г	0	r	е
s	h	s	р	i	u	С	r	r	t	С	n	f	g	i
u	е	1	0	р	s	m	s	g	t	k	t	0	е	d
а	s	t	p	i	е	h	b		е	е	С	s	r	р
d		r	b	s	t	r	r	е	r	n	i	р	t	f
р	0	t	а	t	0	а	а	v	r	n	е	f	j	0

banana	bean	biscuit
bread	broccoli	bread
burger	butter	cake
carrot 🗸	cheese	chicken
chips	chocolate	coffee
cucumber	fish	pasta
pea	pepper	pizza
potato	salad	sandwich



## **Instructions:** Read the following and answer the questions:





When I visit London, one of my favourite things to do is shopping! I like to look for a bargain in the sales. I also like window-shopping because it is fun and does not cost any money! Sometimes, I spend hours just walking around different places looking at all the things to buy. There are lots of different places to go shopping in London. One of the most famous places to shop is Oxford Street which is usually very busy. Another famous shop in London is Harrods, located in Knightsbridge, this shop sells high end fashion and is very expensive. For a variety of shops, one of the best places to go is Westfield which has two shopping centres. With over 250 shops and 80 places to eat this will keep you busy for a whole day! If you go to London, you can't miss the outdoor Camden Street markets. It's busy and different and you can buy vintage items and hand crafted jewellery at cheap prices.

## Circle T (True) or F (False).

This story talks about shopping	Τ	F
Window shopping costs a lot of money	Τ	F
There are only a few places to shop in London	Т	F
Oxford Street is a famous place to shop	Τ	F
Harrods is not expensive	Т	F
Westfield has one shopping centre	Т	F
There are over 250 shops in Westfield	Τ	F
Harrods is located in Camden	Τ	F
In Camden you can buy hand crafted jewellery	Τ	F



## **Try this**

## Can you now write your own shopping story? What did you see and what did you buy?

•	• • •	• •	• • •	• •	• •	• •	• •	• • •	••	• •	• •	• • •	 • •	• •	• •	• •	• • •	•	• • •	• •	 • •	• •	• •	• •	••	• •	• •	• •	• •	• • •	• •	• •	• •	• • •	• • •	• • •	• •	• •	• •	••	• • •	• • •	. • •
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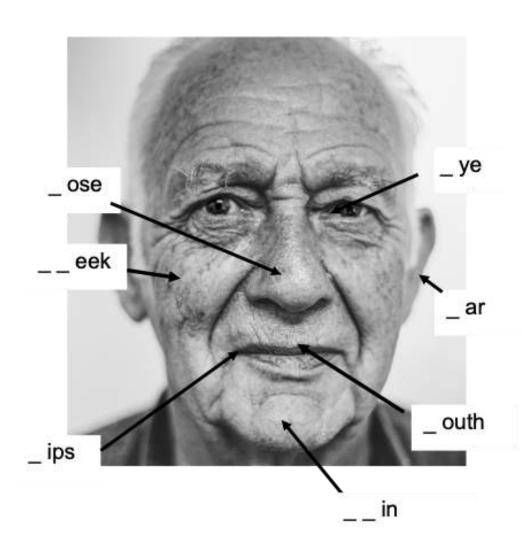
## **SECTION 2: DOCTORS AND HEALTH**

## Level 🏩



Try this with your children

Here are some pictures of body parts can you fill the right words from the list





## Try this

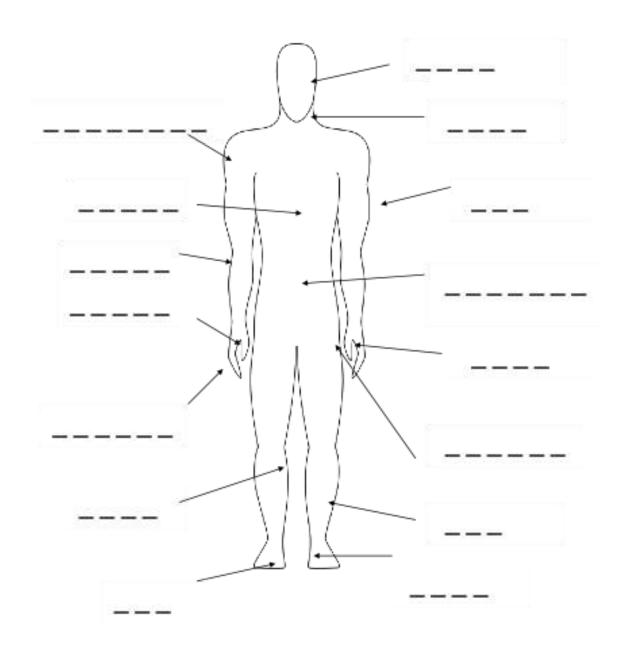
What do these parts of the head help you to do?

- 1. Speak words? .....
- 2. See or look? .....
- 3. Hear sounds? .....
- 4. Smell? .....





**Instructions**: Using the word box below try and label the parts of the body



Head	Sho	ulder	Neck	Chest	Arm
Elbow		Stom	ach	Thumb	Finger
	Hand	Вс	ottom	Knee	Leg
		Foo	ot	Toe	



**Instructions**: Using the words below complete the sentences

genera	l practitioner	midwife	dentist
optician	pharmacist	nurse	doctor

- 1. If you feel sick, go to a D \_ \_ \_ or N \_ \_ \_ .
- 2. GP is short for G \_ \_ \_ \_ P \_ \_ \_ \_ \_ .
- 3. Pregnant women visit the M \_ \_ \_ \_ \_.
- 4. An O \_ \_ \_ \_ looks after your eyes.
- 5. A D \_ \_ \_ \_ looks after your teeth.
- 6. A P\_\_\_\_\_ gives you medicine.



TRY THIS! to practice how to say these words, use your phone or try with a friend

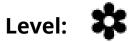


# Instructions: Please read the script below and answer the questions

Anita:	Good morning. I would like to make an	What is Anita doing?  (Tick //the correct answer)
	appointment.	( HCK √tne correct answer)
Receptionist:	Receptionist: What is the problem?	☐ She is calling a friend.
Anita:	Well, I have a runny nose, sore throat and started coughing.	☐ She is calling the health centre.
Receptionist:	Receptionist: What is your name?	2. What is the name of the health centre?
Anita:	Anita: My name is Anita.	3 What is the problem?
Receptionist:	Receptionist: What is your date of birth?	o. What is the proposition:
Anita:	Anita: 22nd June 1984	4. What time is her appointment?
Receptionist:	The next available appointment is at 3pm today. Is that okay?	
Anita:	Well, I'm not available. I need to pick my child up from school at 3 o'clock. Can I come later?	5. What is she doing at 3pm?

Receptionist: Is 4.30 okay?

Anita: Yeah it is fine. Thank you very much.



You must tell your symptoms to the doctor. Symptoms are the things that you can feel that can make you feel pain or unwell. For example, a cough can be a symptom of a sore throat

## Instructions: Can you match the illness to the symptoms as shown below?

earache stoma	headache ach ache	toothache a sore thr	
	l've got a sore th	roat.	
		······	



## Instructions: Write a sentence on what is wrong next to the picture using the words below to help

Write a sentence to describe what is wrong.

cough diarrhoea	cold	nits	a high temperature rash
Wideway 10			
			······································



## Instructions: Match the pictures with the words

Take your temperature

Weigh you



Have a blood test



Look at your throat

Take your blood pressure

Listen to your chest

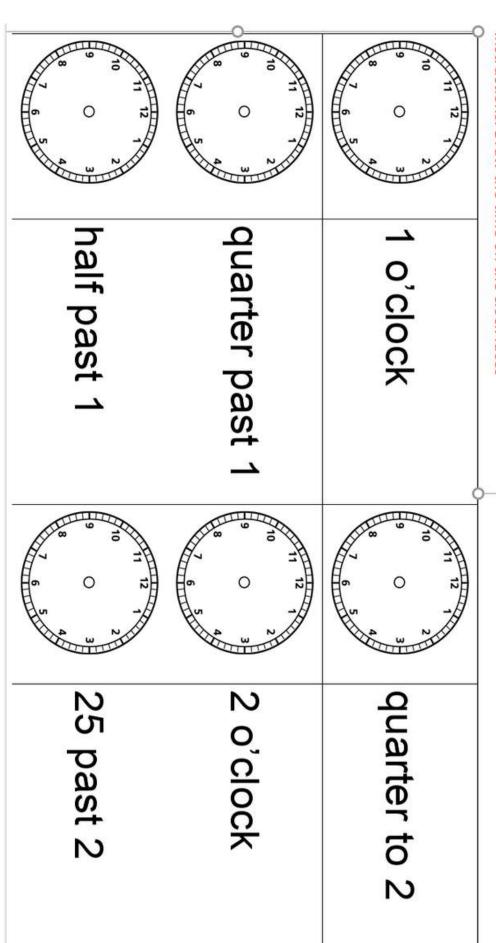
Try this? – What are the verbs used in these sentences? .....



## **SECTION 3: TIME**



## Instructions: Draw the time on the clock faces



Level:

## What time is it?

## **Instructions: Answer the questions below**

- 1. I get on the bus at 11.00am and I get off the bus after 25 minutes. What time is it?
- 2. My appointment is at 3.00pm and is 45 minutes long. What time does my appointment finish?
- 3. I have a job interview at 9.00am and they have asked me to get their 15 minutes before 9.00am to fill out a form. What time do I have to be there?
- 4. I have a 15 minute break at 10.30am what time do I need to be back?
- 5. My lunch break is 1 hour and is at 12.30 pm, what time does my lunch hour finish?
- 6. I get off the bus at 4.15 pm and walk for 20 minutes to the job centre, what time do I arrive at the job centre?
- 7. I finish work at 5.00pm and it takes me 35 minutes to get home, what time do I get home?
- 8. They said the College open day will start at 9.00am and will be 3 hours long, what time will the college open day finish?
- 9. I leave to go to work at 7.30 am, it takes me 1 hour and 15 minutes to get to work, what time do I arrive at work?
- 10. I have to attend my course at college at 9am and it lasts for 2 hours, what time do I finish?



## What time is it? - 24 hour clock

## Instructions: Answer the questions below

- 1. I get on the bus at 13.00 and I get off the bus after 25 minutes. What time is it?
- 2. My appointment is at 15.00 and is 45 minutes long. What time does my appointment finish?
- 3. I have a job interview at 14.00 and they have asked me to get their 15 minutes before 14.00 to fill out an application form. What time do I have to be there?
- 4. I have a 15-minute break at 18.45 what time do I need to be back?
- 5. My lunch break is 1 hour and is at 12.30 pm, what time does my lunch hour finish?
- 6. I get off the bus at 16.15 and walk for 20 minutes to the job centre, what time do I arrive at the job centre?
- 7. They said the College open day will start at 9.00am and will be 4 hours long, what time will the college open day finish?



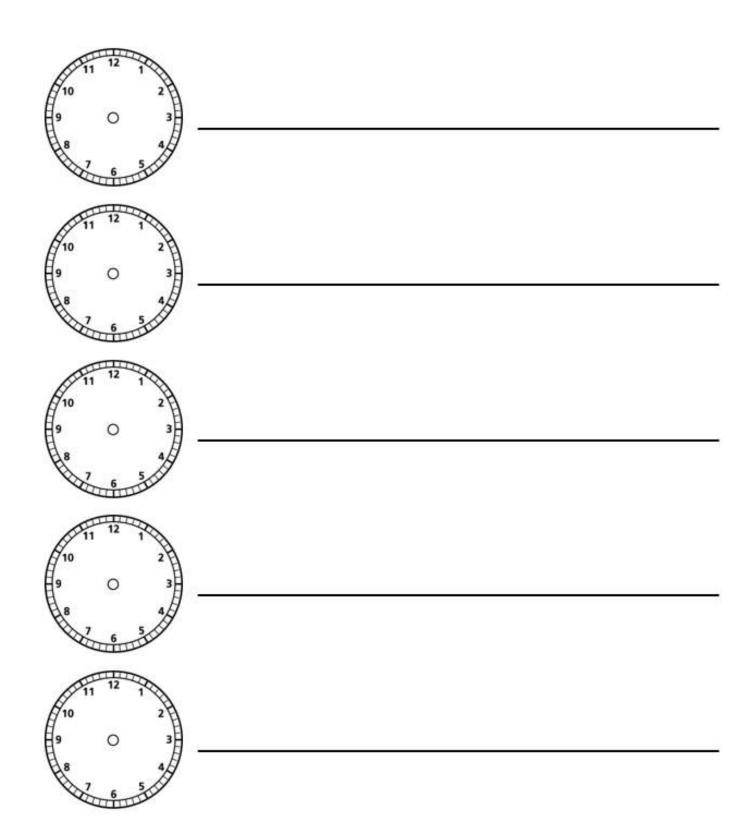
**Help:** Remember 24 hour clock starts from 12 and goes through to 24 – if you get really stuck ask a friend or family member

Example: 12 is 12pm, 13 is 1pm, 14 is 2pm

Level:

Instructions: Write 5 sentences about your daily life. Draw the times on the clocks.

## **EXAMPLE: I wake up at 8.00am**





Instructions: Write 9 sentences about your daily life. Draw the times on the clocks.

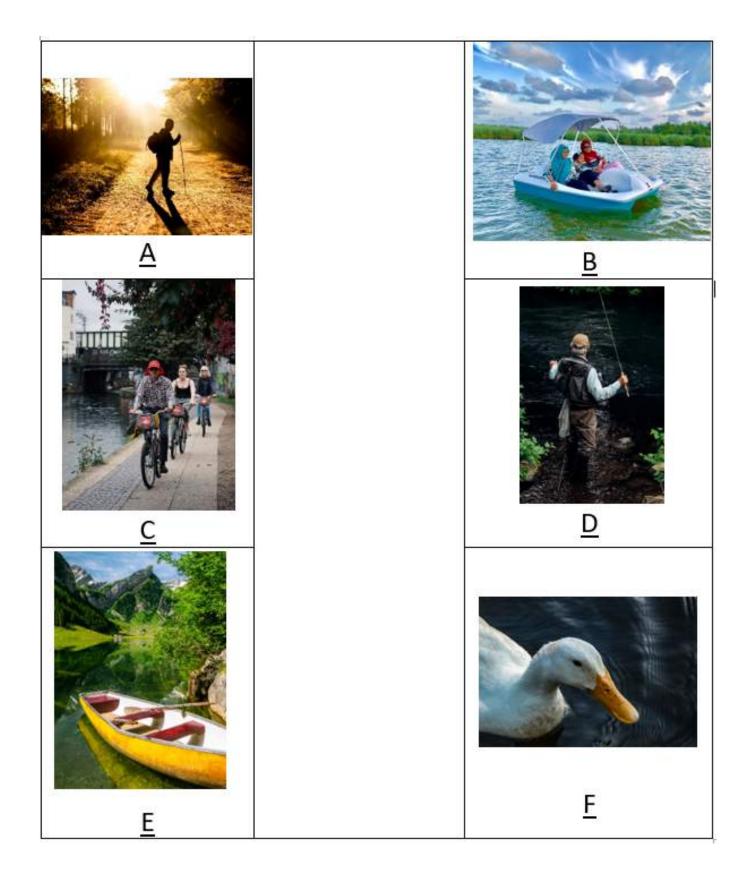
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## **SECTION 4: MY LOCAL AREA**



Level:

## Instructions: Match the sentences with the picture by writing the correct letter in the boxes on the n ext page



1. Fish on the canal.	
2. Walk on the canal.	
3. Canoe on the canal.	
4. Family day out on the canal	
5. Cycle on the canal.	
6. See Ducks at the canal	

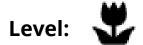
## **Word Puzzle search**



Instructions: Can you find the words?

CANAL WALK CYCLE FISH FAMILY SAIL DUCKS

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



## Instructions: Fill in the gaps with the words.

## canals canal walk family boat cycle ducks fish wildlife

The cls around Birmingham are a great place to get away from it all.
The paths along the cl go all around Birmingham and the city centre.
You can take a wk and fy days out. There are bt trips, canoeing
and sailing activities. You can ce along the paths,watch out for the ds
and other we that live on the canal, also you can f_h although you do
need a permit.

Level:

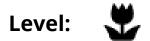
Alphabet letters, small and capitals.



Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Uu Vv Rr Ss Tt Ww Xx Yy Zz



Try this Practice your wri	•	try to stay on the
line and keep it neat as you	can	
•••••	•••••	•••••
••••••	•••••	•••••



## Instructions: Read the below text and try to write it exactly the way it is written above

The canals around Birmingham are a great place to get away from it all. The paths along the canal go all around Birmingham and the city centre. You can take a walk and family days out. There are boat trips, canoeing and sailing activities. You can cycle along the paths, watch out for the ducks and other wildlife that live on the canal, also you can fish although you do need a permit.

The canals
Try this? – Find out where your nearest canal is and plan a visit with your family for fresh air and sunshine
My nearest canal is
I will get there by
I will go with

## **SECTION 4: SKILLS**

A skill - is a new thing that we learn.

A job ⇒ is the work that you do for money £€.



Job: Chef

Skill: Cooking food

Instructions: Look at the pictures below, what is the job and skill? write these down in the boxes below



Job:

Skill:



Job:

Skill:



Job:

Skill:



Job:

Skill:

Instructions: Where do we learn new skills? Match the picture to the word.















School

Home

College

Workplace

University

Library

Community centre

## **Would you like to learn more English?**

You will need access to the internet and a smartphone/tablet/laptop or PC

### You can visit the sites below to learn more:

- Talk English some online activities to help improve reading, writing and speaking - https://www.talkenglish.co.uk/introduction/learners-introduction/
- BBC Learning English have a wide range of different ways to learn English https://www.bbc.co.uk/learningenglish/

There are a range of Apps available to download if you have access to a smartphone:

App/website name	<u>Description</u>	Downloaded Android / Apple - some of these are only available on one platform and not the other
ABC Kids	basic literacy, aimed at children but can also be used by adults	mobile
BBC English - English listening	Entry level 3 and above	mobile
BBC English - English pronunciation	pre-entry upwards	mobile
English Grammar	Entry level 3 and above	mobile
Babble	language learning, bilingual but no Arabic	mobile
English conversation	Conversational English taught with videos	mobile
L'n'p English free	language learning bilingual, but no Arabic	mobile
learn English 1	Teaches everyday conversational words and sentences	mobile
learn English 2	bilingual language learning, with Arabic, family/ schools/ languages and countries	mobile
English grammar test	Level 1 and 2	mobile
تعلم الإنجليزية -learn English	learning English with the Arabic language help	mobile - download in Arabic
محادثات يوميه- Daily English conversations	learning daily phrases in English with Arabic language help	mobile - download in Arabic
learn English easily - تعلم اللغه الإنجليزيه بسهوله	learning the basics of English in an easy and simplified way	mobile - download in Arabic
learn English like a professional- تعلم الانجليزيه حتى الاحتراف	learning English in a simplified way with the availability of short stories and listening	mobile - download in Arabic

### <u>Acknowledgements</u>

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The activities included in this workbook are a collection of our volunteers self-designed work and adapted/modified resources from the following websites:

- 1. https://www.talk-english.co.uk/
- 2. https://en.islcollective.com/
- 3. https://www.englishwsheets.com/
- 4. https://www.sqa.org.uk/sqa/70972.html
- 5. www.math-salamanders.com
- 6. Images sourced from https://unsplash.com/

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