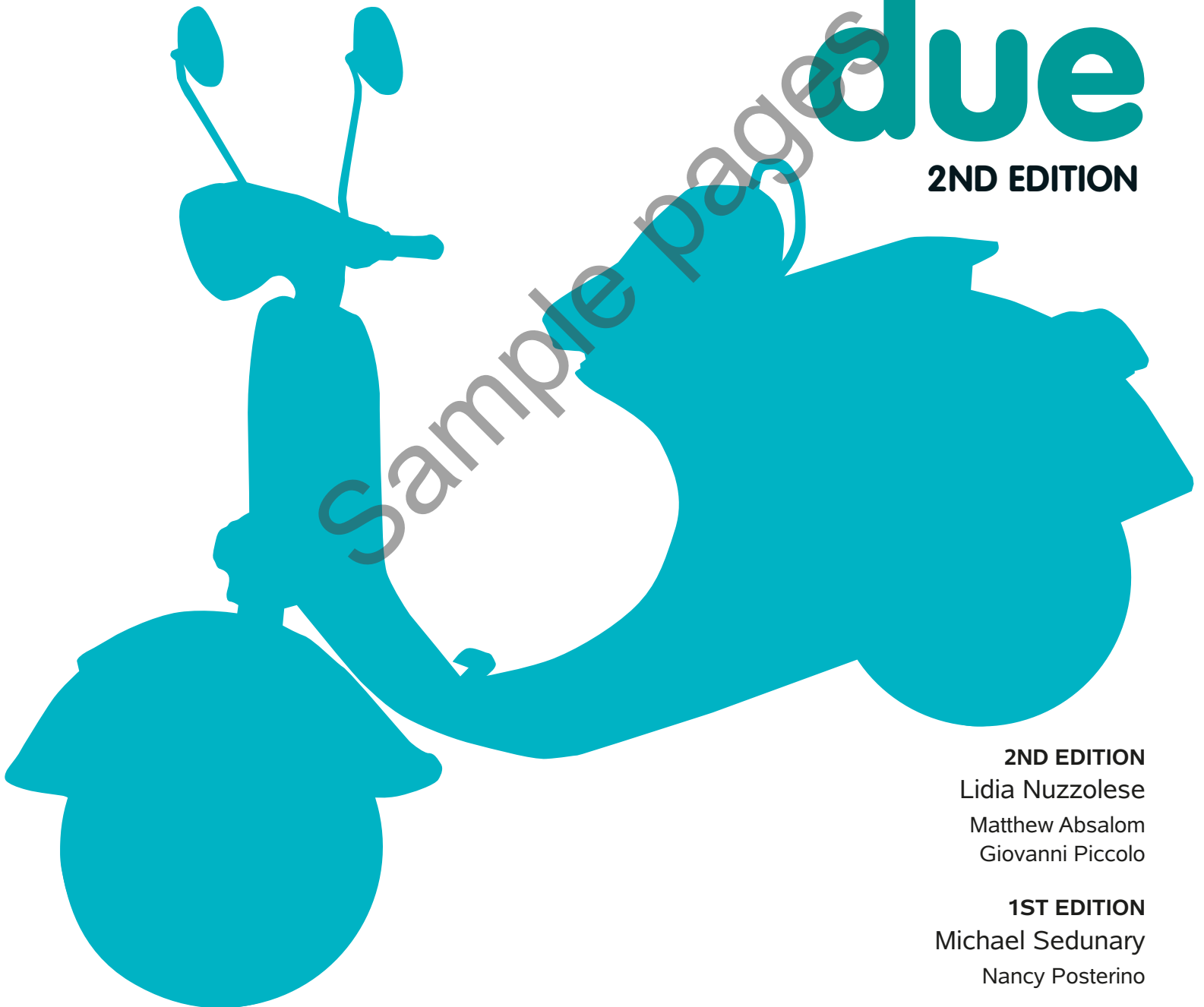


STUDENT BOOK

ECCO!

due

2ND EDITION



2ND EDITION

Lidia Nuzzolese

Matthew Absalom

Giovanni Piccolo

1ST EDITION

Michael Sedunary

Nancy Posterino

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| Mettiamoci in formal! | | Casa dolce casa | | |
| Topics | Parts of the body Daily routine Health and fitness | City versus country life Different types of houses Rooms in the house Different places around town | | |
| Communication | Talk about the different parts of the body Ask how someone is feeling Say how you feel Talk about your daily routine Express opinions about health and physical fitness | Discuss life in the city and the country Ask permission to do something Say what people want to do Say what people can and can't do Address people correctly in more formal situations Describe different types of houses Talk about the different rooms in your house Use ordinal numbers Say the date including the year Count above 1000 Talk about different places around town Say 'to', 'from', 'near', 'next to', 'opposite' Say 'of the', 'in the' and 'on the' | | |
| Language | Revision of present tense of regular verbs Expressions for inquiring/answering about health Revision of the verb andare (+ articulated preposition dal) Irregular verb: dire Adverbs with -mente Troppo used as an adjective and an adverb Reflexive verbs | Modal verbs: volere and potere The pronoun Lei Ordinal numbers Dates Articulated prepositions | | |
| Modi di dire | avere la testa fra le nuvole dare una mano costa un occhio della testa | mettere su casa dormire sotto i ponti essere casa e chiesa | | |
| Cultural and intercultural awareness | The importance of health and physical fitness Young Italians opinions on health and fitness History of Italy – Rome's origins | Italian houses and apartments Shops and other buildings in Italian towns Antique homes and heritage buildings History of Italy – Roman Empire | | |
| Text types | Photo Photo caption Cartoon story Cartoon Joke | Posts and replies on a health webpage Quiz Statistics | Photo Photo caption Street sign Map Cartoon story Real estate advertisement | Town map Text message exchange Travel magazine article Linguistic minorities map |
| Il blog – La mia avventura australiana | Introduction to Marco who arrives in Australia to study English. Post 1 – topics: Australian people, lifestyle, Physical Education in schools, sports (AFL, rugby, soccer) Post 2 – topics: cycling and il Giro d'Italia | Post 1 – topics: Marco's cousins' house, comparing housing in Australia and Italy | | |
| Create and collaborate | Grammar game – body parts and reflexive verbs Survey about school-day morning routine Fitness program Route map of il Giro d'Italia | Real estate advertisement Dialogue negotiating a house price Labels of bedroom furniture House plan | | |

| CAPITOLO ■ 3 | | 35 | CAPITOLO ■ 4 | 55 |
|---|--|---|---|--|
| Cosa mi metto? | | Come festeggiamo il fine settimana? | | |
| Topics | Clothing items Shopping for clothes and accessories Italian fashion | At a party Movies Local festivals | | |
| Communication | Talk on the phone: • say 'hello' • identify yourself • ask to speak to someone else • say you're putting someone else on Say what people have to do Say who is and isn't coming Talk about what is <i>mine, yours; his, hers</i> Shop for clothes and accessories: • talk about colour, size, price | Talk about what you and other people have done (or did) Say when, where and how people <i>went</i> Say when, where and how people <i>came</i> Talk about films you have seen Write a film review | | |
| Language | Modal verb: dovere Irregular verbs: bere, venire and uscire Possessive adjectives | Il passato prossimo , formation with avere and essere Irregular past participles Il passato prossimo of andare and venire | | |
| Modi di dire | l'abito non fa il monaco nascere con la camicia portare i pantaloni | vestito a festa fare il guastafeste fare le feste | | |
| Cultural and intercultural awareness | Weekend clothing markets in Italy The fashion industry in Italy and influence overseas Milano , international city and fashion capital of Italy History of Italy – Medieval era | Sagre held in different parts of Italy Other important Italian religious and historical feste Feste and events held in Australia's Italian community Lucca Comics Venice film festival History of Italy – Renaissance | | |
| Text types | Photo Photo caption Map Cartoon story Script of telephone conversation | Retail brochure Price signage Magazine article Jobs in fashion Internet screenshot | Public notice Photo Photo caption Film poster Cartoon story | Tourist website Newspaper event notice Events in Italy Film reviews |
| Il blog – La mia avventura australiana | Post 1 – topics: shopping, comparing city shopping in Melbourne and Milan, differences in fashion sense and style Post 2 – topics: going to a party, shopping experiences (large complexes, flea markets, op shops) | Post 1 – topics: going to a party on the weekend Post 2 – topics: trip to Sydney for the weekend, opera in Italy, differences between beaches in Italy and Australia | | |
| Create and collaborate | Telephone conversation Redesign a uniform Fashion blog Stage an Italian fashion parade | Write a film review and present it to the class Bilingual advertisement or webpage + Venn diagram Song lyrics Verb game | | |

Buon viaggio!

Italiani in Australia

| | | |
|---|---|--|
| Topics | Holiday resorts and destinations Ecotourism and alternative holiday options | Italian migration (historical and modern-day) Italians living in Australia Stories of Italian immigrants |
| Communication | Talk about a holiday resort: the facilities, the staff, the atmosphere Say what the weather was like Talk about cloudy, stormy, foggy weather Say what people were doing (when something else happened) Talk about a past routine, i.e. what you did habitually or repeatedly Talk about what you used to do (when you were younger) Say what you liked in the past Retell a simplified version of a story you have heard or read Prepare and present a radio/TV commercial | Make plans with friends Talk about migration and travel experiences Use direct object pronouns Talk about what you know and don't know using sapere and conoscere appropriately Talk about movies Write and record an interview |
| Language | L'imperfetto and its different uses Il passato prossimo with reflexive verbs Uses of Il passato prossimo and l'imperfetto Past tenses of essere and piacere | Direct object pronouns mi, ti, lo, la; ci, vi, li, le Direct object pronouns with il passato prossimo Verbs: sapere and conoscere Object and reflexive pronouns with infinitives Object pronouns with ecco |
| Modi di dire | il tempo vola essere in alto mare un tipo da spiaggia | come un pesce lesso prendere in giro prendere una cotta per |
| Cultural and intercultural awareness | Some Italian holiday resorts Places where Italians holiday Alternative holidays and ecotourism History of Italy – the Enlightenment | Italian migration (historical and modern-day) Italian working-holidays in Australia Stories of Italian immigrants History of Italy – the Romanticism period |
| Text types | Movie poster Photo Photo caption Cartoon story Cartoon Holiday resort brochure Diary entry Newspaper article Travel website article | Photo Photo caption Internet screenshot Cartoon story Advertisement Working-holiday ad and online posts Article Instagram-style photos and captions Interviews Poem |
| Il blog – La mia avventura australiana | Post 1 – topics: trip to Uluru, comparing Australian desert with Italian forest, Aboriginal Australian mythology | Post 1 – topics: a story of post-WWII Italian migration, Bonegilla migrant camp |
| Create and collaborate | Photo album Bilingual brochure or audiovisual advertisement Dialogue with a travel agent News interview | Interview Migrant profile Grammar summary Poem |

Tecnologia e ambiente

Cosa farò nel futuro?

| | | |
|---|--|---|
| Topics | Mobile phone usage Robots (androids) Some environmental issues Caring for the environment | Students' future plans and areas of interest Senior high school and further education World of work Your horoscope |
| Communication | Talk about mobile phone usage Talk about some environmental issues Decide how environmentally conscious your class is Tell (urge, advise) someone to do something Tell (urge, advise) someone not to do something Compare one thing with another Say that someone or something shows the maximum degree of a given quality | Say what you want to be when you leave school Talk about university and higher education options Talk about occupations that interest you Say what you are thinking about Use an impersonal subject to express what 'one' does Complete an aptitude test Read and discuss an Italian horoscope Apply for a job and participate in a mock interview |
| Language | L'imperativo L'imperativo negativo Irregular verb: dare Indirect object pronouns L'imperativo with object pronouns Irregular verbs in l'imperativo Comparatives and superlatives | Regular forms of il futuro Feminine forms of occupations Irregular forms of il futuro Ci and ne Pensare a and pensare di The impersonal subject si Introduction to il condizionale |
| Modi di dire | fare un buco nell'acqua avere i piedi per terra essere testa calda | ferri del mestiere battere il ferro finché è caldo toccare ferro |
| Cultural and intercultural awareness | Some features of modern technology (androids and mobile phone usage) Environmental issues (global warming, water management, biodiversity of bees) Ways to practise sustainable living History of Italy – the Resurgence (unification of Italy) | The Italian scuola superiore system Famous Italians after whom schools are named Some Italian universities and their specialisations Superstitious gestures fare le corna and toccare ferro The work preferences of young Italians History of Italy – the twentieth century |
| Text types | Photo Photo caption Competition ad Cartoon story Cartoon strip Advertisement Science text and diagram Magazine article Online article Mobile phone plan ads Graph Survey | Photo Photo caption Information pamphlet Photo essay Cartoon story Test Cartoon Job ads Horoscope Play extract Brochure Article |
| Il blog – La mia avventura australiana | Post 1 – topics: mobile phone usage and modern-day reliance on technology Post 2 – topics: water usage, drought, environmental awareness | Post 1 – topics: last days in Australia; future plans after graduation, the 'gap year', Italian military service |
| Create and collaborate | Photo contest post SMS language class display Diagram of grammar rules Environmental awareness announcement Environment class survey | Interview with a careers adviser Write a job ad and participate in a mock interview Research superstitious gestures Slideshow about a famous Italian |

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Introduzione

Bentornato! So you have decided to continue learning Italian ... Excellent! **Ecco! due** offers you the opportunity to learn a lot more about the Italian language and culture, supporting you along the way to help you achieve your goals. We hope you will find this learning experience an enjoyable, relevant and rewarding one. **In bocca al lupo e buoni studi!**

Pagina di apertura

The first page of every chapter shows a selection of authentic photographs hinting at the topics covered in that chapter. Take the time to discuss them in class and predict what you will be learning about. Before you look closely at the chapter content, do the related task in the Activity Book. Finally,

- **communicare** outlines the new communication outcomes you will be learning
- **capire** outlines the different language points you will be learning
- **cultura** shows some cultural and intercultural discoveries and comparisons you will make.

Il fumetto

Ecco gli amici! Barbara, Massimo and his dog Gustavo, Claudia and Bruno are back! Discover what the friends get up to and how they use the language you are learning in their everyday lives. The **fumetto** is also a great way to reflect on aspects of Italian culture and your own, and it introduces an Italian idiom used in context.

When you have listened to and read the cartoon story a few times, have a go at answering the **Abbiamo capito tutto?** questions in Italian. You will probably need to come back to the questions after you have worked through the **Vocabolario** section and the grammar points.

The **fumetto** introduces the topics in each chapter. You will also find feature texts, which introduce some more language in context in a variety of text types.

The **Vocabolario** section lists all new words and expressions from the cartoon story or feature text. You can also do the Activity Book task that relates to it. When you're familiar with the cartoon story you will have a chance to use your Italian and perform the story.



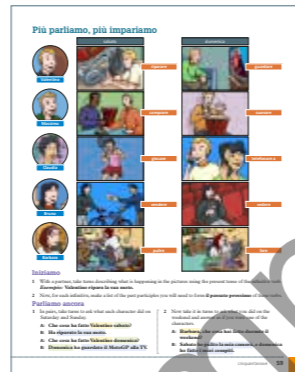
Here's how ...

Adesso parliamo noi!

- With your classmates, decide who will play each of the **fumetto** characters.
- Listen to the audio and read the story several times, imitating the voices until you are confident.
- Master **il vocabolario** on the previous pages.
- Rehearse with your classmates and perform **il fumetto** for the class or using the interactive **fumetto** without audio and text. Remember to use the body language too.

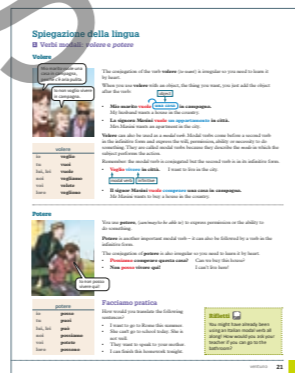
Più parliamo, più impariamo

Throughout the chapter, you will have many other opportunities to speak Italian. **Iniziamo** activities prepare you for **Parliamo ancora. Facciamo una conversazione** offers scaffolded conversation drills and you will be ready to make up your own conversations with **Parliamo ancora un po'**. And don't forget to try out your Italian outside the classroom if you can.



Spiegazione della lingua

To develop some understanding of how the Italian language works, refer to **Spiegazione della lingua**. These sections provide some clear key language and grammar explanations. In your Reader+ eBook, there are a few **animations** for each chapter that present the key grammar points in a visual way. You may watch these in your own time and/or in class. The **Parts of speech** on page 151 explains and demonstrates some key metalanguage in both Italian and English to help you grasp grammar concepts.



On page 154, the **verb tables** are a great reference to consult when you are unsure how to use and conjugate verbs in Italian.

Modi di dire

In this section, you will find three fun Italian idioms (**modi di dire**) including the one introduced **nel fumetto** and get the opportunity to think about their use. They will help you sound like a real Italian person!

Leggiamo

In **Leggiamo**, you will get the opportunity to read a variety of authentic text types. This will allow you to extend your reading skills with a bit of clever guesswork and research. Your teacher will decide which text(s) to work on for each chapter.

You can learn how to use an Italian-English dictionary from the **Cosa significa...?** section on page 152. The **Glossario** (page 159) and the **Vocabolario** word lists (page 160) are also extra references to help you work out the meaning of words and expressions.

Pagine di storia

In this section, you will learn about Italian history and its influence on other regions of the world. If you are interested in history, art, literature, architecture, **pagine di storia** will help you discover some interesting facts while practising your Italian reading comprehension skills. You may read this text in class or in your own time.

La mia avventura australiana

Marco is a young Italian who has decided to come to Australia to live with his relatives for a year and go to a language school to improve his English. As he meets new people and discovers new places, learn about some aspects of culture and life in Italy as he draws comparisons with Australia and compare them with your own. In your Reader+ eBook, Marco comes to life as he posts on-topic interviews with Italian people on his channel. Each chapter includes one interview.



Nota, Rifletti e Culture a confronto

Nota
Il passato prossimo (ho comprato) in Italian can be used to translate both the present perfect (you have bought) and the simple past (you bought) in English.

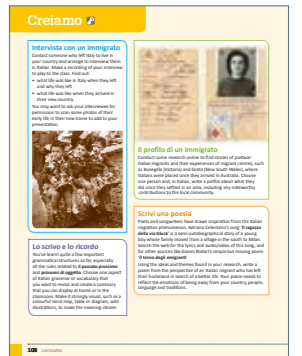
Rifletti
Look at frame 1 of the cartoon story where Barbara says: **Mi iscriverò al conservatorio musicale.** Can you conjugate the reflexive verb **iscriversi** in il futuro?

Culture a confronto
What do you think are the main differences between shopping in Australia and in Italy? Do you think it is more common for Italians to shop in boutique stores or big shopping centres? Why?

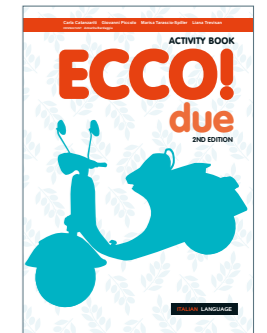
Rifletti (*investigating and critical thinking skills*) and **Nota** (*noticing*) prompts appear on most pages, to guide you in your learning experience. You will also discover where some words and expressions come from and some interesting connections between Italian, English and other languages. **Culture a confronto** (*intercultural skills*) prompts provide you with the opportunity to reflect on and consider your own culture, and respond based on your bi-cultural experiences (your own family, friends, travel etc.).

Creiamo

The last page of each chapter includes some interesting projects to choose from. You will work independently, or collaboratively, to put into practice what you have learnt, using technology when needed. You may start working on a project before the end of the chapter.



You will also find other ways of practising your new Italian language skills while enriching your knowledge of Italian culture, and you can check your progress with the Activity Book and the interactive games and extension worksheets in the eBook.



Icons used in **Ecco! due Second Edition Student Book**:

- Listen to Italian native speakers and practise your comprehension skills.
- Develop your intercultural awareness. Observe, explore, notice, compare, reflect and record your point of view.
- Work out the language using your deductive and thinking skills.
- Develop your 21st-century skills through activities that involve collaboration, communication, critical thinking, creativity and ICT skills.

Mi fa male la gola

1 I Babrumaclagu fanno le prove da Massimo. Presentano una nuova canzone originale alla Festa del Tricolore, il 7 gennaio.

Amo il Tricolore con tutto il mio cuore, notte e mattina è la mia bandierina.

Auuuuuuuu! Auuuuuuuuu!

2

Massimo! Questo tono è troppo alto, non riesco a cantare.

Va bene, abbasso il tono. Ecco fatto!

3

Bravo, così va bene.

Sono preoccupato per te. Come stai? Che cosa hai?

4

Non sto bene oggi. Mi fa male la gola e mi fa male la testa.

Ehi ragazzi, che succede? Bruno sta male? E tu Massimo?

Eh sì, Bruno ha mal di gola e mal di testa, deve essere un raffreddore. Anch'io non mi sento molto bene.

5

Anna, i ragazzi non si sentono bene. Hanno bisogno di andare dal dottore.

Ecco perché oggi suonano veramente male!

6

Ragazzi, andate dal dottore. Ci vediamo quando vi sentite meglio.

Ci vediamo probabilmente domenica.

Vado anch'io dal dottore. Mi fanno male le orecchie a sentire Bruno!

Ma sì! Ci vediamo certamente tutti domenica.

In cucina

Vocabolario

NOMI

il cuore
il dottore
il raffreddore
il tono

la festa
la gola

VERBI

-are

abbassare
amare

-ire

sentire
riuscire (*irregolare*)

AGGETTIVI

preoccupato/a
tutto

AVVERBI

certamente
così
meglio
probabilmente
troppo
veramente

ESPRESSIONI

Che succede?
Ci vediamo...
Ecco fatto!
Ho bisogno di...
(Non) si sentono bene.

Nota

The verb **riuscire** is irregular: **riesco, riesci, riesce, riusciamo, riuscite, riescono**. Like all irregular verbs you will need to learn it by heart.

Abbiamo capito tutto?

- 1 Cosa dice Bruno a Massimo?
- 2 Cosa fa Massimo?
- 3 Che cosa ha Bruno?
- 4 Come sta Massimo?
- 5 Cosa dice il padre di Massimo a sua madre?
- 6 Chi va dal dottore?
- 7 Cosa fanno male a Claudia?
- 8 Massimo suggerisce che si vedono certamente domenica. Vero o falso?

PEANUTS

Mi fa male lo stomaco...

Credo di preoccuparmi per troppe cose...

Più sono preoccupato, più mi fa male... e più lo stomaco mi fa male, più sono preoccupato...

Il mio stomaco mi odia!

2-27

Spiegazione della lingua

1 Ripasso del presente dei verbi regolari

You use the present tense to talk about what people *do* as well as what people *are doing*. How you translate the present tense into English will depend on the context.

- **Alessia guarda la televisione ogni sera.**
Alessia *watches* television every night.
- **Cosa guardi alla televisione?**
What *are you watching* on television?

So, how would you translate
Giulio va in città oggi?

| | guardare | mettere | dormire | preferire |
|----------|-----------|----------|----------|--------------|
| io | guardo | metto | dormo | preferisco |
| tu | guardi | metti | dormi | preferisci |
| lui, lei | guarda | mette | dorme | preferisce |
| noi | guardiamo | mettiamo | dormiamo | preferiamo |
| voi | guardate | mettete | dormite | preferite |
| loro | guardano | mettono | dormono | preferiscono |

Adesso parliamo noi!

With some classmates, act out all or part of **il fumetto**.

Le parti del corpo



- i capelli
- la fronte
- l'occhio
- l'orecchio
- il naso
- la faccia/
il viso/
il volto
- la bocca
- il mento
- il collo



- la caviglia
- le dita del piede

- la spalla
- il petto
- lo stomaco
- l'ombelico

- la testa/il capo

- il gomito

- il braccio

- la mano

- il ginocchio

- la gamba

- il piede



- la guancia
- il dente
- la lingua
- il labbro
- il collo
- la barba

- l'indice (m)

- le dita

- il pollice

Rifletti

In Italian **la lingua** has two meanings. Do you know what they are? Is this the same in English?

Rifletti

Some nouns for body parts in Italian are similar to English words. Can you find cognates in **le parti del corpo** pictures?

Più parliamo, più impariamo

Iniziamo

Practise saying **le parti del corpo** by playing **Simone dice**. Play the game as a whole class, or in small groups. One student is Simone and calls out, in Italian, the body part that the rest of the class must touch. Any students who do not follow the instruction, or touch the wrong body part, are out of the game. If Simone calls out an instruction without saying **Simone dice**, any students who follow the instruction are out of the game. The last person left wins and becomes the next Simone.

Rifletti

How would you translate **Simone dice**: 'Toccati il naso'?

Simone dice:
'Toccati il naso!'



Modi di dire

In this section you will find useful phrases (called *idiomatic expressions*) whose meanings are different from the literal meanings. Every language has **modi di dire**. For example, the expression 'to spill the beans' doesn't literally mean that you drop beans all over the floor; this idiomatic expression means *to reveal a secret*.

The meanings of some **modi di dire** phrases are obvious, while others are more difficult to understand. Here are some with references to **le parti del corpo**. Work out the meaning of each expression and possible English equivalents.

- **avere la testa fra le nuvole**
- **dare una mano**
- **costa un occhio della testa**

In which context would you use each of these **modi di dire**?



Spiegazione della lingua

1 Che cosa hai?

Here's how to ask someone what is wrong:

- **Che cosa hai? / Che cosa c'è?** What's the matter?
- **Come ti senti?** How are you feeling?

1 If one part of your body is hurting, you say **mi fa male...**

- **Mi fa male la gola e mi fa male la testa.** My throat hurts and my head hurts.

2 If more than one body part is hurting, you say **mi fanno male...**

- **Mi fanno male gli occhi.** My eyes are sore.

3 The expression **ho mal di...** is used when some part of your body is sore due to an illness.

- **Bruno ha mal di gola e mal di testa.** Bruno has a sore throat and a headache.

2 Andare da

Ragazzi, andate dal dottore.



You have already been using the verb **andare** to talk about where you are going. Remember that the verb **andare** can take the *prepositions* **a** or **in**, according to the type or place you are going to.

- **Andiamo a Firenze.** We are going to Florence.
- **Andiamo in Toscana.** We are going to Tuscany.

When you want to say that you are going to a person's place, the verb **andare** is followed by the preposition **da**.

- **Barbara e Claudia vanno da Massimo.** Barbara and Claudia are going to Massimo's (house).

If you are not referring to a person by their name, you will need to join **da** and the definite article: **da + il = dal**.

- **Bruno e Massimo vanno dal dottore.** Bruno and Massimo are going to the doctor's.
- **Andiamo dal nonno domenica.** We are going to Grandpa's house on Sunday.

Rifletti

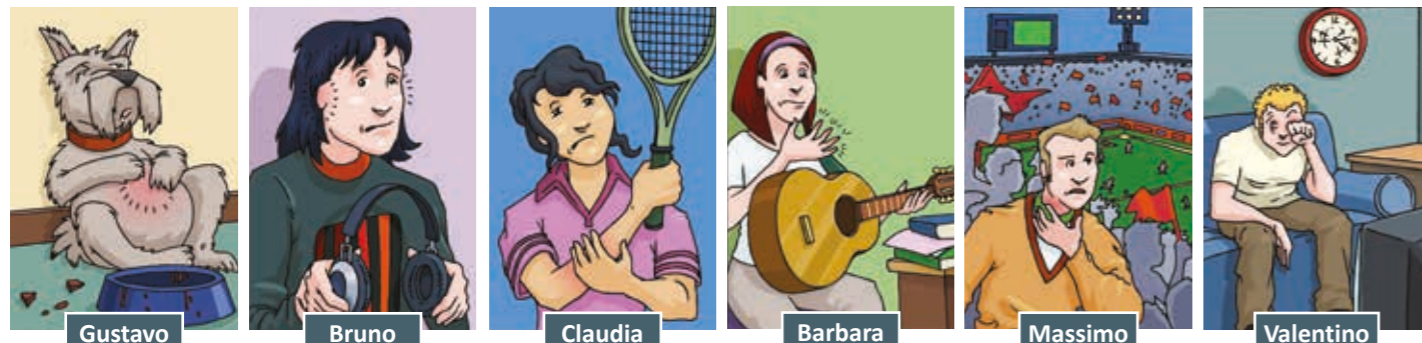
- What do **Che cosa hai?** and **Che cosa c'è?** mean literally?
- How would you say 'I have a stomach ache'? How about 'My feet are hurting'?



Più parliamo, più impariamo

Iniziamo

With your teacher and classmates, work out how each of the characters would say what is wrong with them.



Parliamo ancora

With a partner, take turns to speak on behalf of the characters.

A: **Barbara, che cosa c'è | che cosa hai?**

B: **Mi fanno male le dita.**

A: **Vai dal dottore?**

B: **Sì, vado dal dottore domani mattina alle 8:00.**

il veterinario veterinary

Spiegazione della lingua

4 Il verbo dire

Bruno e Massimo dicono la verità.

Bruno and Massimo are telling the truth.

Dire translates both as *to say* and *to tell*. It's an irregular verb so you'll need to learn its conjugation by heart.

When you are reporting someone else's words you need to add the conjunction **che** after **dire**.

- **Bruno dice: 'Ho mal di gola.'** → **Bruno dice che ha mal di gola.**
Bruno says, 'I have a sore throat.' Bruno says that he has a sore throat.

| | dire |
|----------|---------|
| io | dico |
| tu | dici |
| lui, lei | dice |
| noi | diciamo |
| voi | dite |
| loro | dicono |

Nota

Dire is misleading: it looks like an **-ire** verb but it's actually an **-ere** verb. That's because its original Latin form was *dicere*.

la verità truth

5 Avverbi che finiscono in **-mente**

Probabilmente and **certamente** are *adverbs*. Adverbs modify the meaning of a verb or an adjective.

Can you translate Bruno's and Massimo's speech bubbles from frame 6 of the cartoon story?

Adverbs are formed from adjectives according to the following rules:

- 1 Adjectives ending in **-ol/-a** change to the feminine form and add the ending **-mente**.
 - **certo** (m) → **certa** (f) + **-mente** = **certamente**
- 2 Adjectives ending in **-ile** drop the **-e** and add the ending **-mente**.
 - **facile** → **facilmente**
- 3 Adjectives ending in **-e** simply add the ending **-mente**.
 - **forte** → **fortemente**



Rifletti

What is one way of forming adverbs in English? If we take the adjective *slow*, for example, how do we make it an adverb?

6 Troppo: aggettivo e avverbio

When it comes before a noun, **troppo** means *too much* or *too many* – it is an *adjective* and agrees with the noun.

- **Massimo canta troppe canzoni romantiche.**
Massimo sings *too many* romantic songs.
- **Ascolto troppa musica invece di studiare.**
I listen to *too much* music instead of studying.

Troppo can be also be an *adverb* (meaning *too*). If it is an adverb, it doesn't need to agree with a noun because adverbs are invariable, which means the endings never change. Remember that adverbs can modify adjectives, verbs and other adverbs.

- **Questa canzone è troppo bassa.** This song is *too low* (in tone).
- **Diana canta troppo.** Diana sings *too much*.
- **Mi fa troppo male la gola.** My throat hurts *too much*.



La maestra dice che i ragazzi parlano troppo.

Più parliamo, più impariamo

Facciamo una conversazione

In pairs, make up a conversation in Italian using this script.

A: **Come ti senti? | Cosa c'è?**

B: **Sto male.**

A: **Che cos'hai?**

B: **Ho mal di... | Mi fa male il/la... | Mi fanno male i/le...**

A: **Vai dal dottore?**

B: **Sì, vado domani mattina con la mia mamma.**

A: **A che ora vai?**

B: **Vado alle 10:30.**

Vado anch'io dal dottore. Mi fanno male le orecchie a sentire Bruno!



Nota

Remember that you can choose between two different expressions:

- ho mal di testa
- mi fa male la testa
- di gola
- di stomaco
- l'orecchio
- il piede

Abbiamo capito tutto?

Dal dottore

Listen to the conversation between the doctor and Bruno and decide whether the following statements are **vero** (true) or **falso** (false).

- 1 Bruno goes to the doctor because he isn't feeling well.
- 2 Bruno is worried about his ears.
- 3 The doctor suggests that Bruno sings too much.
- 4 The doctor prescribes Bruno some tablets.
- 5 Bruno tells the doctor that his legs are sore.
- 6 Bruno must participate in a triathlon.
- 7 Bruno likes swimming.
- 8 The doctor says that Bruno eats too much.

Parliamo ancora

It's your turn now! With a partner, write a similar role-play between a patient and a doctor and present it in class.



La routine giornaliera: Massimo si allena



1
Ogni giorno Massimo si allena per un triathlon. Anche Gustavo si allena perché mangia troppo e aumenta di peso.



2
Quando la sveglia suona alle sei, Massimo si sveglia per un momento, poi si riaddormenta.



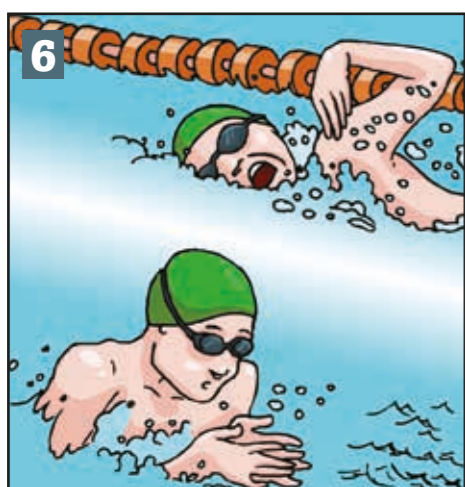
3
Alle sei e dieci la sveglia suona di nuovo. Questa volta Massimo si alza e sveglia Gustavo.



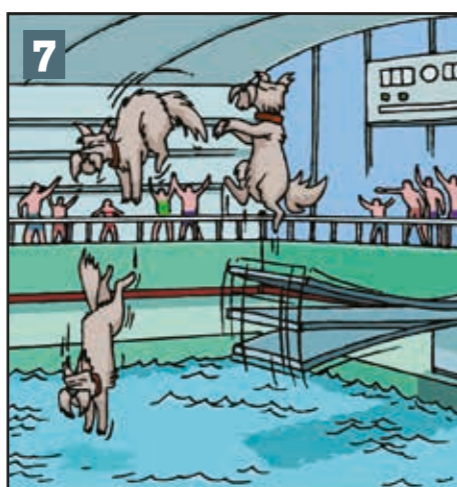
4
Massimo si veste in fretta. Si mette una tuta sportiva sopra il suo costume da bagno e mette la cuffia e l'asciugamano nello zainetto.



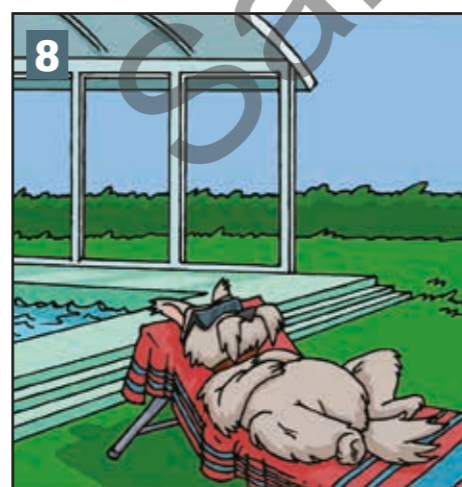
5
Alle sei e venti Massimo e Gustavo partono da casa per andare in piscina. Corrono i due chilometri da casa alla piscina.



6
Arrivano in piscina alle sei e mezzo. Massimo fa 30 vasche a stile libero, 15 vasche a dorso e 15 vasche a rana.



7
Gustavo non nuota molto bene ma si diverte un mondo. Anche gli altri nuotatori si divertono. Tutti ridono quando si tuffa dal trampolino.



8
Dopo una bella nuotata Gustavo si riposa. Sceglie un bel posto al sole, si sdraia sull'asciugamano di Massimo e si addormenta.



9
Massimo e Gustavo tornano a casa alle sette e venti e Massimo si prepara per andare a scuola. Si fa la doccia e mette i suoi libri e il suo portatile nello zainetto.



10
Alle sette e venti Massimo e Gustavo fanno colazione, poi Massimo si lava i denti.



11
Gustavo torna a letto e Massimo va a scuola.



12
Dopo la scuola Massimo si prepara per andare in bicicletta. Si depila le gambe perché tutti i bravi ciclisti si depilano le gambe.



13
Poi Massimo e Gustavo fanno 40 chilometri in bici. Massimo pedala come un pazzo mentre Gustavo si riposa e guarda la campagna. Tornano a casa stanchi morti.



14
Alle dieci e mezzo Massimo e Gustavo vanno a letto. Massimo non si spoglia neanche, si sdraia sul letto e si addormenta subito. È stanco morto!



15
La mattina dopo, Massimo non sente la sveglia quando suona alle sei... alle sei e dieci... alle sei e venti... Si sveglia finalmente alle nove e mezzo. Massimo e Gustavo decidono di continuare l'allenamento la settimana dopo... o forse fra due o tre settimane.

Rifletti

What do you think **stanco morto** means? Is there a similar expression in English?

Vocabolario

| | | | | | |
|----------------------|----------------|-------------------------|------------|--------------|--------------|
| NOMI | | VERBI | | | |
| il chilometro | la colazione | -are | | -ere | -ire |
| il letto | la nuotata | arrivare | svegliare | correre | partire |
| il pazzo | la sveglia | aumentare | nuotare | mettere | |
| il portatile | la vasca | continuare | tornare | ridere | |
| lo zainetto | | pedalare | | scegliere | |
| AGGETTIVI | AVVERBI | VERBI RIFLESSIVI | | | |
| giornaliero/a | neanche | -arsi | | -ersi | -irsi |
| | poi | addormentarsi | riposarsi | mettersi | divertirsi |
| | subito | allenarsi | prepararsi | | vestirsi |
| PREPOSIZIONI | | alzarsi | sdraiarsi | | |
| sopra | | depilarsi | spogliarsi | | |
| ESPRESSIONI | | farsi la doccia | svegliarsi | | |
| diverstirsi un mondo | | lavarsi | tuffarsi | | |
| in fretta | | riaddormentarsi | | | |
| questa volta | | | | | |



Rifletti

If **addormentarsi** means *to fall asleep*, what would **riaddormentarsi** mean?

In the cartoon story, Massimo does three different types of swimming strokes:

- lo stile libero** – how would you translate this into English and what stroke is it?
- il dorso** – what stroke is this? Think about the position of a shark's dorsal fin.
- la rana** means *the frog*, but here it means another swimming stroke. Which one? Why?

Abbiamo capito tutto?

- 1 Che cosa fa ogni giorno Massimo?
- 2 Perché anche Gustavo si allena?
- 3 A che ora si alza Massimo?
- 4 Come si veste Massimo?
- 5 A che ora partono per andare in piscina?
- 6 Quanti chilometri corrono?
- 7 Quante vasche fa Massimo?
- 8 Cosa fa Massimo dopo colazione?
- 9 Che cosa fa Gustavo mentre Massimo pedala?
- 10 A che ora Massimo si addormenta?

Spiegazione della lingua

Verbi riflessivi

Si allena is a form of the verb **allenarsi**. **Allenarsi** means *to train (oneself)*. It is a *reflexive verb*. A reflexive verb shows that the action is performed on its subject (*self*). English has reflexive verbs too. They are followed by a pronoun ending in *-self* (I wash *myself*, she told *herself* it was over, they considered *themselves* to be the experts). In Italian, reflexive verbs always take a reflexive pronoun, which goes before the conjugated verb.



- Massimo **si** allena per un triathlon. Massimo trains for a triathlon. *Massimo trains himself.*
- Massimo e Gustavo **si** allenano per un triathlon.
- Quante volte **ti** alleni ogni settimana? **quante volte** how many times
- **Mi** alleno quattro volte alla settimana.

| | | |
|----------|------------------|------------------|
| | allenarsi | |
| io | mi | alleno |
| tu | ti | alleni |
| lui, lei | si | allena |
| noi | ci | alleniamo |
| voi | vi | allenate |
| loro | si | allenano |

Nota

The verb **allenarsi** is exactly the same as regular **-are** verbs – it just has the reflexive pronouns in front. If you leave the reflexive pronoun out, the verb has a different meaning.

- Massimo **si** allena. *Massimo trains (himself).*
- Massimo **allena** Gustavo. *Massimo trains Gustavo.*



- How would you translate the following sentences?
- Massimo **si** sveglia alle sei.
 - Massimo sveglia Gustavo dopo cinque minuti.
- Reflexive verbs are more common in Italian than English and many English verbs that don't end in *-self* require reflexive pronouns in Italian.
- **Mi** sveglio. I wake up.
 - **Ti** alzi. You get up.
 - **Ci** riposiamo. We are resting.

Rifletti

- You have been using a reflexive verb (**chiamarsi**) since your first day of learning Italian. **Mi chiamo** literally means *I call myself*. How would you translate **Come ti chiami?** literally?
- The title of this chapter uses the expression **mettersi in forma**. How would you translate this expression?
- How do the infinitive forms of **verbi riflessivi** differ from the normal infinitives of **-are**, **-ere**, and **-ire** verbs?

You have already seen the reflexive verb **sentirsi** in the expression **Come ti senti?** **Sentirsi** (*to feel*) has a different meaning from the non-reflexive form **sentire**, *to hear, to smell*.

Barzelletta

Dal dottore...ssstriscia la risata!

- Dottore non mi sento bene...
- E allora mettiti l'apparechio acustico!

l'apparechio acustico hearing aid

Vocabolario

Here are some more reflexive verbs to help you talk about daily routines.



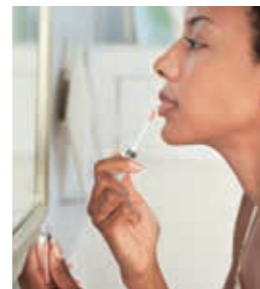
farsi la doccia



farsi la barba



pettinarsi



truccarsi

Rifletti

Svestirsi is another word for **spogliarsi** and the opposite of **vestirsi**. If **vantaggio** means *advantage* and **svantaggio** means *disadvantage*, what does the prefix **s-** do?

Più parliamo, più impariamo

Barbara si prepara per andare a scuola



7:00



7:05



7:10



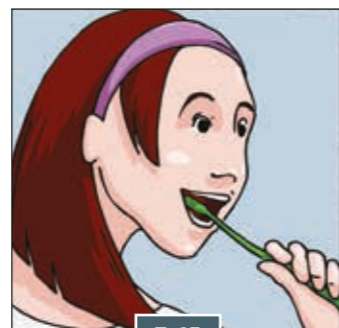
7:15



7:20



7:25



7:45



7:50

Iniziamo

Talk about the various stages of Barbara's morning routine.

Esempio:

Alle **sette** Barbara **si sveglia**.

Parliamo ancora

In pairs, take turns to interview each other about Barbara's daily routine.

A: A che ora si sveglia Barbara?

B: Si sveglia alle sette.

Parliamo ancora un po'

La tua routine giornaliera: With a classmate interview each other about your daily routines. Here are some questions you can ask. Answer each other in full sentences.

- 1 **Tu a che ora ti svegli?**
- 2 **Ti alzi subito o ti piace rimanere a letto?**
- 3 **Fai la doccia o ti lavi prima di andare a scuola?**
- 4 **Quante volte al giorno ti lavi i denti?**
- 5 **Quanto tempo impieghi per prepararti?**
- 6 **Quante volte alla settimana ti lavi i capelli?**
- 7 **Ti trucchi per andare a scuola?**
- 8 **Quando vai a letto ti addormenti subito o ti piace leggere?**

rimanere prima di impiegare to remain before to spend

Leggiamo

Post più recenti

These young people have posted questions about health and fitness on this webpage and medical experts have responded. Do you share any of the concerns these teenagers have? What do you think about the advice the experts give them?

Rifletti

What does **inter-** mean in the word **interdentale**? How does this help you understand what **il filo interdentale** is?

Aiuto sanitario

Denti splendenti

D: Mi lavo i denti almeno due volte al giorno, ma non sono mai bianchi bianchi come i denti delle star che vedo alla televisione. Che cosa faccio?

Tiziana, Genova

R: Per avere i denti bianchi scegli tra diversi prodotti: spazzolini, dentifrici, gel. Sono tutti efficaci e semplici da utilizzare. Ma per avere denti veramente splendenti devi andare dal dentista almeno una volta all'anno per una pulizia professionale. E per una soluzione da diva televisiva ci sono sempre prodotti o servizi per lo sbiancamento dei denti.



Alito a prova di bacio

D: Ho una nuova ragazza che mi piace tantissimo ma ho paura di baciarla. Secondo il mio migliore amico il mio alito non è sempre fresco. Ho eliminato aglio e cipolla dal mio menu, ma il problema rimane. Che cosa faccio?

Giuliano, Roma

R: Forse il problema è dovuto a una cattiva igiene orale. Se non ti lavi bene i denti, i residui di cibo fra un dente e l'altro rendono meno piacevole il tuo alito... e i tuoi baci. Per evitare questo inconveniente il tuo nuovo migliore amico è il filo interdentale! In bocca al lupo e... bacioni!

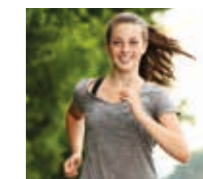


Mens sana in corpore sano

D: Non capisco perché a scuola facciamo educazione fisica. Io sono contento del mio corpo, ma voglio sviluppare la mia mente. Preferisco la biblioteca al campo sportivo.

Giorgio, Verona

R: L'attività fisica fa bene non solo alla salute del corpo ma anche alla salute mentale. Se il corpo non è sano è più difficile avere la mente sana - ecco il significato del detto latino, *mens sana in corpore sano*.



Ragazze muscolose?

D: Io sono una ragazza e non faccio attività fisica perché non voglio sviluppare i miei muscoli. Non mi piacciono le ragazze muscolose.

Melania, Bologna

R: L'attività fisica è importante non solo per lo sviluppo dei muscoli ma anche per il sistema circolatorio - il cuore e il sangue - e per il sistema respiratorio. È possibile avere muscoli forti senza diventare 'muscolosa'.



Stanco morto

D: Non mi piace fare sport. Mi sento sempre stanco morto dopo una partita di calcio o di tennis e mi addormento mentre faccio i compiti.

Federico, Palermo

R: Se ti alleni non senti stanchezza. Quando sei in forma l'attività fisica aumenta l'energia, ma per arrivare a questo punto è importante allenarti almeno due o tre volte alla settimana. Forza, Federico!



L'attività fisica e la salute

Take this test and see just how expert you are on health matters. Consider each statement and then choose **vero** (true) or **falso** (false). Score 1 point for each correct answer and check your results.

| | |
|--------------------|------------------|
| bruciare | to burn |
| riscaldarsi | to warm up |
| scegliere | to choose |
| pesarsi | to weigh oneself |

TEST

| | Vero | Falso |
|---|--------------------------|--------------------------|
| 1 Per bruciare le calorie è necessario fare un po' d'attività fisica ogni giorno. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Se sei giovane e in buona salute non è necessario fare attività fisica. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Per controllare il peso è importante pesarsi ogni giorno. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Per essere in forma è bene praticare uno sport competitivo. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 È importante scegliere attività fisiche che ti piacciono. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Prima di fare attività fisica è importante riscaldarsi. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Il miglior modo di riscaldarsi è fare stretching. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 È importante fare un po' di stretching dopo l'attività fisica. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 L'attività fisica migliora anche l'umore. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Andare a scuola in bicicletta o a piedi è una forma di attività fisica. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 Quando mangi un pasto è importante non esagerare nelle porzioni. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 È importante fare colazione prima di andare a scuola. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 È meglio bere molta acqua che molto succo di frutta. | <input type="checkbox"/> | <input type="checkbox"/> |

Rifletti

Don't just accept a 'correct' answer if you think it's wrong. Challenge it in a class discussion – in Italian, of course. And state your opinion on at least one of these issues using Italian: **Secondo me...**

10–13 punti

Ottimo! Vuoi fare l'insegnante di educazione fisica?

6–9 punti

Buono! Hai un personal trainer, vero?

0–5 punti

Non male! Ma è necessario studiare le riposte giuste...

- How important is physical activity for your health?
- Do you know how and when to warm up when you're exercising?
- Do you know the main steps to take to control your weight?
- Do you know how to burn calories?
- Do you have to weigh yourself often?
- Do you have to be thin to be healthy?
- Can you skip breakfast at the start of your day?

Pagine di storia

Le origini di Roma

L'Italia ha una lunga storia molto ricca. Ci sono tracce di tante civiltà antiche. Tra l'VIII e il VII secolo avanti Cristo (a.C.) troviamo anche colonie greche. Secondo la tradizione, Romolo fonda Roma nel 753 a.C. È il primo re di Roma. Roma diventa una repubblica nel 509 a.C. e per quasi 500 anni un impero. Gli imperatori romani sono famosi. Roma diventa *caput mundi* (capo del mondo) e la lingua latina si diffonde in tutti i territori romani in Europa e in Africa del Nord.

Gli antichi romani lasciano un'eredità grandissima all'età contemporanea. Ancora oggi troviamo in Italia e in altri paesi del mondo esempi di architettura romana come strade, acquedotti e ponti. I romani sono famosi anche per le terme. Qui si rilassano, fanno bagni caldi e si prendono cura del corpo con attività fisica, sport e massaggi. Si rilassano anche con un buon libro o chiacchierano con gli amici.



Terme di Caracalla

avanti Cristo (a.C.) Before Common Era (BCE)

Culture a confronto

Hot springs (**le terme**) are believed to be good for one's health, but in Ancient Rome people also visited the springs to get clean and to socialise.

What was Australia like between 2000 and 10 000 years ago? What are the major differences between the historical development of Italy and Australia?

La mia avventura australiana



Saluti dagli Antipodi!

Ciao a tutti!

Sono Marco e questo è il diario di viaggio della mia avventura australiana. Questa è la mia prima settimana e ho già un sacco di cose da raccontare! Sono ospite dai miei cugini australiani a Melbourne; sono simpatici e andiamo sempre in giro insieme. Mi piace molto il loro stile di vita; qui le persone sono amichevoli, amano stare all'aria aperta per fare sport e mantenersi in forma. Anche a scuola fanno molto più sport (non solo due ore di educazione fisica alla settimana come in Italia) e hanno anche molte attrezzature! Agli australiani piacciono molto gli sport, per esempio il rugby, il cricket o un gioco strano che si chiama Football Australiano e che in Italia non esiste. Hanno anche il calcio ma non è popolare come in Italia. I miei cugini, però, seguono il calcio italiano e le squadre della Serie A. Hanno anche una squadra del cuore, l'Udinese, perché la loro famiglia è originaria del Friuli. Il prossimo fine settimana andiamo allo stadio a vedere una partita di Football Australiano ma ancora non so per quale squadra tifare. Cosa dite? Non vedo l'ora!

Alla prossima!

DOMENICA 11 GIUGNO – DI: MARCO

COMMENTI

La mia routine mattutina

L'Australia mi piace un sacco! C'è molto più spazio che in Italia ed è più facile fare attività all'aperto. È il luogo ideale per praticare il mio sport preferito: il ciclismo. Ogni mattina mi sveglio alle 6:00, mi metto la tuta da ciclista e faccio 10 chilometri in bicicletta. Quando arrivo a casa mi faccio la doccia, mi vesto e sono pronto per la giornata.

Il ciclismo è la mia passione: ogni anno aspetto il mese di maggio per vedere il Giro d'Italia, il mio evento sportivo preferito. Il momento più emozionante è l'ultima tappa, quando vado con mio padre in Piazza del Duomo a Milano, la mia città, per veder il vincitore tagliare il traguardo e conquistare la Maglia Rosa.

Per oggi è tutto. Alla prossima!

MERCOLEDÌ 21 GIUGNO – DI: MARCO

COMMENTI

Culture a confronto

Italians jokingly refer to Australia and New Zealand as being **agli Antipodi**, 'at the Antipodes'. *Antipodi* means 'opposite feet' in ancient Greek. It is used by Italians, and Europeans in general, to denote the inhabitants of opposite sides of the globe. From their perspective, Australians and New Zealanders walk 'with opposite feet', that is upside down, and of course they live 'Down Under!'

You already know what **Serie A** and **il Giro d'Italia** are. Do you know other sports that are popular in Italy? How does that compare to Australia?

Rifletti

Non vedo l'ora is an expression that Italians use to say they are really excited about something that's going to happen. It's like 'I can't wait', but what is its literal translation?

Italians use the expression **alla prossima** to say that they will talk to or see each other next time, like 'see you soon' or 'chat again soon'. What is its literal translation?

Giochiamo con le parole

Make revision fun by creating a game that your classmates can play to practise the vocabulary and grammar in this chapter, including **le parti del corpo** and **i verbi riflessivi**. Your game could be based on **la tombola** or **il gioco dell'oca**, or you could use a board or cards.

Un sondaggio

Survey your classmates about their daily morning routine on a school day. When devising your questions, think about all the things you do on a regular school day, such as what time you wake up, when you get dressed, how long it takes you to get ready and when you leave for school. Make sure you ask your questions in Italian and your classmates answer in Italian as well, using **i verbi riflessivi** you have learnt in this chapter. Then create a chart using a computer spreadsheet program to show your results. Share your chart with the class and discuss similarities and differences in the results.

L'istruttore di ginnastica

Imagine you are an Italian fitness instructor. Design a fitness program with exercises for people to get into shape. If you look at examples you will notice that some programs also have pictures to model the exercises like the one below. Use the examples you find as inspiration for your tailored fitness program. Your program should also include suggestions on how to eat well and stay/get **in forma**.

Ginnastica Posturale



 Schiena

 Spalle

 Collo

Il Giro d'Italia

Marco talked about **il Giro d'Italia** in his blog post. Find out more about the race. Imagine you are one of the organisers of this year's **Giro d'Italia**. Work with a partner to map out a route that would challenge competitors and give spectators an enjoyable view of Italian scenery. Research the Australian cycling race, the Tour Down Under and compare your findings with what you've learnt about **il Giro d'Italia**.