



Milestones 1 MCC Transcripts

Track 2

Match the words with the pictures. Listen and check your answers.

1. Good morning 2. Good afternoon 3. Goodbye 4. Read 5. Write 6. Listen 7. Match

Track 3

Listen and repeat the numbers from 0 to 20

zero, one, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty.

Track 4

Listen and repeat these useful expressions in class.

1. May I come in?
2. May I go out please?
3. Can you repeat that?
4. What does try mean?
5. How do you say ciudad in English?
6. Can you help me, please?

Track 5

Listen and repeat the alphabet.

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

Track 6

Listen and write their last names.

1. My name is Paola Hart. H - A - R - T. Hart.
2. My name is Michael Lewis. L - E - W - I - S. Lewis.
3. My name is Tina Allen. A - L - L - E - N. Allen.
4. My name is Jason Brown. B - R - O - W - N.

Track 7

Listen to the conversation and complete the information.

Student A: Hey guys! I need your phone numbers to add you to the class WhatsApp group chat. What is your name?

Student B: My name is Oliver.

Student A: Can you spell it?

Student B: O - L - I - V - E - R

Student A: What is your last name?

Student B: Brooks. B - R - O - O - K - S.

Student A: Cool. And what is your phone number?

Student B: It is 88-31-96-01

Student A: Thanks! What about you? What is your name?

Student C: Hi! My name is Claire. C - L - A - I - R - E.

Student A: And your last name?

Student C: Diaz. D - I - A - Z.

Student A: And what is your phone number?

Student C: 88-07-16-20

Student A: Thank you! You are in the group chat now!

Track 8

Match the flags with the countries. Then listen and check your answers.

1. UK, 2. South Korea 3. Colombia 4. USA 5. Spain 6. Japan 7. Mexico 8. France 9. Brazil 10. Canada

Track 9

Match the words to the pictures. Listen and check your answers.

1. Engineer 2. Programmer 3. Waiter/Waitress 4. Nurse 5. Mechanic 6. Singer 7. Actor/Actress 8. Lawyer 9. Farmer 10. Architect

Track 10

I am Karla.

I am Karla. Peter is my best friend. We are in the same class at High School. Our classes are a lot of fun. Our English teacher is really good. Her name is Mrs. Myers. Peter and I are the best students in the class.

Track 11

Listen and complete the conversation.

Jack: Can you help me with my homework? I need to write the nationality of these celebrities.

Karen: Of course!

Jack: Where is Henry Cavill from?

Karen: Henry Cavill is from the UK, so he's British.

Jack: And where is Zendaya from?

Karen: Zendaya is from the USA, so she's American.

Jack: Is Jackie Chan from South Korea?

Karen: No, he isn't. He's Chinese.

Jack: Is Ryan Gosling American?

Karen: No, he isn't. He is Canadian.

Jack: What about Shakira? Is she from Colombia?

Karen: Yes, she is Colombian!

Track 12

A world traveler

My name is Lucas. I am 25 years old. I am Mexican and I travel around the world with my girlfriend, Anna. We are vloggers. We make videos of the cool places we visit. Right now, we are in London. Our favorite places in this city are:

1. The Big Ben. It is a clock tower and an icon of the city.
2. Buckingham Palace. It is where the King and the Queen live.
3. Hyde Park. It is a beautiful park near Buckingham Palace. London is such a beautiful city!

Track 13

Match the words with the pictures. Listen and check your answers.

1. calculator 2. eraser 3. markers 4. trash bin 5. sharpener 6. scissors 7. backpack 8. stapler 9. highlighters 10. desks 11. projector

Track 14

Choose the correct word from the box to complete the opposites. Listen and check your answers.

1. Tall - short 2. Strong - weak 3. Thin - chubby 4. Old - young 5. Short - long 6. Big - small

Track 15

Cats and dogs.

Cats and dogs Cats and dogs are very different species. Cats are small and have short, soft fur. They are clean and lazy, but they are very lovable. Dogs come in different sizes and have fur that can be long or short. They are social animals and they love going outside. Dogs are very playful. Cats and dogs have different personalities and needs, but both can be great pets. Are you a cats person, or a dogs person?

Track 16

Listen and answer the questions.

A: Hey! Do you have any pets?

B: Yes, I have a cat. She's very cute and has white soft fur. Her name is Fluffy.

A: Aww that's nice! How old is she?

B: She is only 6 months old. She is very small. What about you? Do you have any pets?

A: Yes, I have a dog. His name is Max. He is a golden retriever. He has beautiful, long, yellow fur and is very loyal.

B: That sounds great! Is he playful?

A: Yes, he is! He makes me really happy.

AR 1

A: Hello! How can I help you?

B: Hello. I'm here to get my passport.

A: Alright sir. I need some information, for that, I have to ask you some questions. Is that OK?

B: Yes, of course!

A: OK. What is your name?

B: Ricardo, R-I-C-A-R-D-O

A: Alright. What is your last name?

B: Lopez, L - O - P - E - Z

A: Very good... Where are you from?

B: I am from Puebla, but I live in Mexico City.

A: Alright, sir. And what do you do?

B: I am a programmer. I create apps and websites.

A: Oh, that's cool. Where do you want to travel to?

B: I want to visit Paris in 2024, to see the Olympic games.

A: Well, I checked, and your documents are in order. Here is your passport, enjoy Paris!

Track 17

Look at the pictures and write the missing letters. Listen and check your answers.

1. Beans. B - e - a - n - s. Beans

2. Apples. A - p - p - l - e - s. Apples

3. Rice. R - i - c - e. Rice

4. Eggs. E - g - g - s. Eggs.

5. Milk. M - i - l - k. Milk.

6. Bread. B - r - e - a - d. Bread.

7. Carrots. C - a - r - r - o - t - s. Carrots

8. Juice. J - u - i - c - e. Juice.

9. Ice-cream. i - c - e - dash - c - r - e - a - m. Ice-cream

10. Chicken. C - h - i - c - k - e - n. Chicken.

11. Meat. M - e - a - t. Meat.

12. Fish. F - i - s - h. Fish

13. Tea. T - e - a. Tea.

14. Water. W - a - t - e - r. Water

15. Soda. S - o - d - a. Soda.

16. Fries. F - r - i - e - s. Fries.

17. Bacon. B - a - c - o - n. Bacon.

18. Cheesecake. C - h - e - e - s - e - c - a - k - e. Cheesecake.

Track 18

Let's make a salad!

Making a salad is a simple and healthy way to enjoy a tasty meal.

Let's learn a recipe to make a delicious salad. Here's what you need:

- 1 head of lettuce - 2 tomatoes - 1 cucumber - 1 carrot - 1 lemon - 2 tablespoons of olive oil - salt and pepper to taste First, wash the vegetables. Rinse the lettuce, tomatoes, cucumber, and carrot with cold water. Then, clean hem with a paper towel. Then, chop the vegetables. With a knife, cut the lettuce into small pieces. Dice the tomatoes into small cubes. Slice the cucumber and carrot into thin, round pieces. After chopping the vegetables, prepare the dressing. In a little bowl, mix lemon juice, olive oil, salt, and pepper. Stir the mixture until the ingredients are combined. To finish, combine the ingredients. In a large bowl, add all the vegetables. Pour the dressing over the salad and mix everything together. Serve and enjoy!

Track 19

Listen and repeat.

1. bedroom 2. bathroom 3. kitchen 4. living room 5. dining room 6. garden 7. study room 8. garage 9. upstairs 10. downstairs

Track 20

Match the words with the pictures. Listen and check your answers.

1. Chair 2. Desk 3. Sofa 34. Fridge 5. Microwave 6. Stove 7. Nightstand 8. Closet 9. Rug 10. Bookcase

Track 21

Harry's house

Harry is a video-game designer who lives with his wife and their two children. Harry's house is not so big, but it's very modern. Outside, there is a garage for one car. In the living room there is a big TV and two sofas, where the children play video games. The

kitchen is well equipped with a modern stove, a microwave, and a double-door fridge. Upstairs there are three bedrooms and a study room where Harry works. Each bedroom has its own bathroom with a shower. Behind the house, there is a beautiful garden with flowers.

Track 22

Complete the text with the words from the box. Listen and check your answers.

I love my bedroom. It has everything I need. There is a carpet in front of my bed, and there is an electric guitar next to the rug. There is a desk between my bookcase and my bed, with my laptop computer on it. On the other side of my bed, there is a nightstand with a lamp on it. There isn't a TV in my bedroom because my mom says it's I loved my vacation. There wasn't a single day that I didn't enjoy.

Track 23

Complete the sentences using the words from the box. Listen and check your answers.

1. Molly is my grandmother.
2. Jonas is my grandfather.
3. Austin is my uncle.
4. Veronica is my aunt.
5. Kate is my mother.
6. Chris is my father.
7. Alice is my cousin
8. Charlie is my cousin
9. Alice is Charlie's daughter.

Track 24

Conversation 1

Veronica: Is that my jacket?

Sandy: No, it is mine!

Veronica: Are you sure?

Sandy: Yes, this is my jacket.

Conversation 2

Teacher: Okay students, whose are these glasses?

Patricia: I think those glasses belong to Lucas.

Lucas: No, my glasses are blue. Those are green.

Patricia: Oh, then they belong to Martha, her glasses are green.

Conversation 3

Michelle: Look! There's a wallet.

Elliot: Whose is it?

Michelle: Let's find an ID card.

Elliot: Look! This ID says Leonard Garcia.

Michelle: Perfect! That means it's his.

Elliot: Yes! Let's go to his address and find him.

Conversation 4

Karla: Hey guys! Whose is that yellow scarf on the floor?

Tom: That is Martin's scarf!

Martin: That's not true! My scarf is orange.

Tom: Oh, sorry. Karen: Hey, that's my scarf! Thank you for finding it.

Track 25

Match each thing to the person who owns it.

Mom: Okay guys, In this box there are things I found in the car. Vicky, is this your scarf?

Vicky: Yes, it is mine. Thank you!

Mom: OK. Whose are these sunglasses?

Rodrigo: They're mine, mom.

Mom: Alright, what about this handbag? Whose is it? Camila: Oh! That's my handbag!

Mom: Alright. And whose are these keys?

Camila: Whoops... They're also mine.

Rodrigo: Mom, is there a brown wallet?

Mom: Yes.

Rodrigo: Great! I'm glad you found it.

Mom: Is this sweater also yours?

Rodrigo: No, it belongs to Vicky.

Vicky: Yes! That's my sweater. Ohh, and that's also my colors bracelet, thank you mom!

Camila: Yes mom, you are a life saver. Thanks!

Track 26

My family

I'm Charlie, let's build my family tree! My mom's name is Lucy, and my dad's name is Alejandro. They are both chefs. Uncle Jim is my father's brother, he's an engineer and his wife Nataly is a teacher.

They don't have any children.

Uncle Pablo is my mom's brother.

He's a businessman, and his wife, aunt Lola, is a lawyer. Cindy, their daughter, is my cousin.

AR -2

Cashier: Welcome to Tasty Shakes. How can I help you today?

Customer: Hi! Can I have 3 hamburgers and 3 cheeseburgers?

Cashier: Sure, do you want some French fries for your burgers?

Customer: Yes, please! 4 French fries.

Cashier: Alright. Would you like something do drink? We have milkshakes, sodas, and juice.

Customer: I'll have 2 cola sodas and 3 vanilla milkshakes.

Cashier: Ok, would you like a dessert? We have ice-cream and apple pie.

Customer: 2 apple pies please.

Cashier: Is that all?

Customer: Yes.

Cashier: Let me repeat your order: 3 hamburgers, and 3 cheeseburgers., 4 French fries and...

Customer: Wait, can I change my order?

Cashier: Sure!

Customer: I want to change one cheeseburger for a double cheeseburger.

Cashier: OK, so that would be 2 cheeseburgers and one double cheeseburger, correct?

Customer: That is correct. Oh, and can I add a kids' meal as well? Oh, and a chocolate milkshake.

Cashier: Absolutely! So let me repeat your order: 3 hamburgers 2 cheeseburgers 1 double cheeseburger 4 French fries, 3 vanilla milkshakes, 1 chocolate milkshake, 2 cola sodas 2 apple pies and one kids meal. Is that all?

Customer: Yes, thanks!

Cashier: Perfect. You can drive to the next window to receive your meals. Have a nice day.

Track 27

Match the vocabulary with the pictures. Listen and repeat.

1. get up 2. have breakfast 3. have lunch 4. have dinner 5. do exercise
6. do homework 7. watch TV 8. do laundry 9. go for a walk 10. brush
your teeth 11. go to bed 12. take a shower 13. go out with friends 14.
wash the dishes 15. listen to music

Track 28

Listen and repeat.

Months of the year

January February March April May June July August September
October November December

Ordinal numbers

1st First 2nd Second 3rd Third 4th Fourth 5th Fifth 6th Sixth 7th
Seventh 8th Eighth 9th Ninth 10th Tenth 11th Eleventh 12th Twelfth
13th Thirteenth 14th Fourteenth 15th Fifteenth 16th Sixteenth 17th
Seventeenth 18th Eighteenth 19th Nineteenth 20th Twentieth 21st
Twenty-first 22nd Twenty-second 23rd Twenty-third 24th
Twenty-fourth 25th Twenty-fifth 26th Twenty-sixth 27th
Twenty-seventh 28th Twenty-eighth 29th Twenty-ninth 30th Thirtieth
31st Thirty-first

Track 29

A sports Youtuber.

I'm Nick and I'm a sports YouTuber. Every day I wake up at 7 am, then
I take a shower and get dressed At 8:00 a.m I have breakfast. I go to
school and then I have lunch at 2. At 3 p.m.

I go to the sports club, where I play basketball. Then I go
skateboarding. Everywhere I go I record videos. I get home at 7:30.
Then I do my homework and I have dinner at 8:30. I edit my videos
before I go to bed. At the weekend, I usually go running, but
sometimes I go swimming.

Being a sports YouTuber is great because I motivate people to do
sports and other physical activities.

Track 30

Listen to Amanda and Mike talk about their routine and complete the chart.

Amanda:

My name's Amanda. I love my routine. I usually get up at 7 am. Then I
take a shower and have breakfast at 7:30. I go to school at 8 o'clock.
I usually go home at 1:30 pm. I love swimming, I always go swimming
at 4, and then I get back home to do yoga and do my homework at
6:30 p.m. Then, I go to bed at 9:30.

Mike:

I'm Mike. my routine is cool. I get up at 8 and take a shower. Then, I
have breakfast at 9, and go to school at 9:30. I go home at 3:30 pm,
and I play basketball or go cycling at 5 pm. I get back home and do
homework at 7, and I go to bed at 10 pm.

Track 31

Match the vocabulary with the pictures. Listen and repeat.

1. soccer 2. visit 3. buy 4. dance 5. swim 6. watch 7. cook 8. run 9. play
guitar. 10. wake up.

Track 32

Good evening or good night?

I'm Jenny and people often ask me which expression is correct.
"Good evening" or "Good night"? In the morning I always tell my
parents "Good morning!". In the afternoon, at school, I always tell my
teachers "Good afternoon". But when I go out with friends at night,
they never say "Good night" when I arrive. Why is that? Well, the
answer is simple. We say "Good night" when we want to say
"Goodbye". For example, when I get home at night, I say "Good
evening family!". And before I go to bed, I always say "good night.

Track 33

Listen and choose true or false.

A day in our lives

My name is Vanessa, and I am a high school student. I live with my
parents and my brother, Robert. My mother always takes us to
school and then she goes to work. She works in an office, and my
father works from home as an accountant. We always have lunch
together at 3 p.m. Sometimes, we go to restaurants, but we usually
eat at home. In the afternoon, my brother takes guitar lessons, and I
like to watch TikTok videos. Sometimes, I go out with my friends. I
usually go to bed at 10:00 p.m. That's a normal day in our lives.

Track 34

Match the words with the pictures. Listen and check your answers. Listen again and repeat.

1. Bookstore 2. Coffee shop 3. Zoo 4. Public square 5. Church 6.
Monument 7. Mall 8. Museum 9. Movie theater 10. Hospital 11.
Drugstore 12. Butcher shop.

Track 35

Famous people and their routines.

Jennifer Aniston

First thing in the morning, Jen drinks a glass of celery juice. After
that, she doesn't eat any other solid food in the morning. She does
"intermittent fasting". She works out at 7:30 am.

Kim Kardashian

Kim gets up at 6am and spends some time with her family. After that,
she goes for a run. She works on her abs to R&B or classical music.
Then she jumps into the shower. Her makeup takes 90 minutes and
then she films her show all day long, with a few breaks to eat.

Rafael Nadal

Rafa eats breakfast to fuel his body before hitting the tennis court.
He practices four hours a day on the court with strength training to
keep him in good shape. He then works out on a vibrating platform.
He uses this to reduce pain and soreness. After 1:30 pm he takes
some free time. He likes to expand on his passion for sports and he
often enjoys playing golf.

Track 36

Listen to the text and match each member of the family to their location.

*Background noise, Cynthia is on the street.

Dad: Hey Cynthia, can you call your mom and ask her where's
everybody?

Cynthia: Sure thing, dad!

*Cynthia calls. Mom answers on the other side of the line.

Mom: Hi honey! What's up?

Cynthia: Hey mom! Where are you?

Mom: I'm with grandma Mary at the mall. What about you?

Cynthia: I'm with dad, we're at the public square. Mom: That's great!
Cynthia: What about my brother? Do you know where he is?
Mom: He's at the movie theater with aunt grandpa.
Cynthia: Oh that's cool.
Dad: Ask her where Aunt Amanda is.
Cynthia: Hey mom, where's aunt Amanda?
Mom: She's at the coffee shop, let's meet her there!
Cynthia: OK. See you there!

*Hangs up

AR- 3

*Background noise that they are at a stadium.

Interviewer: We are now with Mexican soccer player Fernando Palmieri. Tell us, Fernando, are you excited about tonight's game?

Fernando: Absolutely! I think we can win tonight, we make a good team.

Interviewer: That's the attitude. Tell me, what is a normal day in the life of a soccer player like you?

Fernando: Well, I always wake up at 5 am. I take a cold shower, and then I go running.

Interviewer: Nice! At what time do you train?

Fernando: I always train from 8 am to 3 pm. Interviewer: What about your eating habits?

Fernando: Well, I usually have eggs and a bowl of fruit for breakfast, and chicken with vegetables for lunch. I never drink soda, I always drunk water. Interviewer: That's very healthy! What about your hobbies?

Fernando: Well, in my free time I love solving puzzles and playing video games. Interviewer: That sounds fun! Now tell us, what advice would you give us to keep a healthy routine? Fernando: Well, my advice is to make good choices. Every choice matters. Interviewer: Can you give us an example? Fernando: Sure! Every day you make choices. Soda vs water, watch TV vs go running, Do homework vs Watch TikTok... Etc... Always choose what helps you become the person you want to be. Interviewer: That is great advice! Thank you so much, Fernando, and good luck in the game!!

Track 37

Match the words to the pictures. Listen and check your answers.

1. Yoga 2. Basketball 3. Running 4. Karate 5. Swimming 6. Cycling 7. Aerobics 8. Boxing 9. Soccer 10. Skateboarding 11. Baseball 12. Volleyball

Track 38

Listen to the podcast and complete the text. What's going on at the Olympics?

The Paris 2024 Olympics are happening right now, and everything is looking great! There are major competitions going on at the same time. Denmark and Mexico are playing soccer. The Mexican team is winning. In the swimming competition, the USA is taking the lead. Also, Colombia and Spain are playing a volleyball match. They are tied right now. I wonder who is going to win! Keep listening to the Olympics podcast to find out the results!

Track 39

Sarah's diary

Dear Diary, Today I am writing because I am feeling thrilled. Today is my birthday, and I am sitting in the garden waiting for my friends to arrive. Larry, our dog, is playing with Whiskers, our cat. My brother is playing the guitar, and my dad is cooking some hamburgers and hot

dogs. My mom is making lemonade, and my sister is baking a cake for me. I am thankful for this beautiful birthday.

Track 40

Write the correct number next to the words in the box. Listen and check your answers.

1 dress 2 scarf 3 hat 4 sandals 5 necklace 6 skirt 7 blouse 8 high heels
9 bracelet 10 handbag 11 suit 12 tie 13 shirt 14 watch 15 shoes 16 jacket
17 sweater 18 jeans 19 boots 20 belt 21 t-shirt 22 shorts 23 tennis shoes 24 glasses 25 cap

Track 41

Sarah's diary (part 2)

Dear diary:

We are back from vacation and everyone is back to their occupations. My mom isn't working today, so she is driving my brother to his soccer practice. My dad is working from home. He's an architect and he's designing a new house. My older sister is a flight attendant, so she's flying to Monterrey right now. She loves her job. As for me, I am writing this while I'm working on my project for the science contest. I hope I can win this year!

Track 42

Listen to a phone call and choose True or False.

Oliver: Hello?

Emily: Hi Oliver! What are you doing? Let me guess... Are you watching TV?

Oliver: Hi Emily! No, I'm not watching TV.

Emily: Are you reading?

Oliver: No, I'm not reading. I am working from home.

Emily: Wow! That's new! Oliver: Yes, I have a new job as a software developer.

Emily: Congratulations!

Oliver: Thanks! What about you? What are you doing?

Emily: Take a guess. Oliver: Hmm... Are you listening to music? Emily: No, I am not. Oliver: Are you cleaning your bedroom? Emily: Nope. I'm not at home. Oliver: Oh! Are you walking your dog in the park? Emily: Yes! I am. Do you want to come? Oliver: Sure! I'm already finishing for today. I can get there in 20 minutes. Emily: Sounds great! See you here then!

Track 43

Match the vocabulary with the pictures. Listen and repeat.

1. Ride a bike 2. Speak in public 3. Drive 4. Sing 5. Fix things 6. Play an instrument 7. Roller skate 8. Bake a cake 9. Solve a puzzle

Track 44

Listen to the conversation and answer the questions.

Erick: Diana, I have an idea!

Diana: What is it, Erick?

Erick: Let's make a rock band. We have the talent!

Diana: That's a cool idea, I can sing, and you can play the drums. But who is going to play the guitar?

Erick: I think Charlie can play the guitar.

Diana: No, Katy can't play the guitar, but she can play the bass.

Erick: That sounds good. Can Allan play the guitar?

Diana: Yes, he can! He can also play the piano.

Erick: Awesome! Also, Daniella can make our music videos!

Diana: Sounds like a plan. Let's get started!

Track 45

How to ask for permission.

Sometimes you want to get permission to do things, like going to a party or getting a new pet. Here are some tips on how to do it: 1. Always be respectful. Be calm, don't raise your voice. It is very important to say please and thank you. 2. Explain why it is important for you. You can help the other person see your point of view. 3. Explain why you think you deserve it. For example, you can show your parents that your room is clean in order to get permission to go out with your friends, or you can show your teacher that you finished your work before asking for permission to go to the restroom. 4. Always be honest. Always say the truth. That way they can trust you and give you permission again the next time. 5. Don't get angry if they say no. It is important to respect the other person's decision. Maybe next time they can say yes.

