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Introduction

Welcome to “Fast Track English A1”, an engaging and practical English language textbook designed to help the learners who have had some prior exposure to the language but haven't found their previous learning experiences particularly effective or memorable. Whether you've studied English in school or privately, this book is tailored to help you develop a solid foundation and bridge any gaps in your language skills.

Purpose of “Fast Track English A1”

The primary aim of this textbook is to empower learners like you to build a strong and functional command of the English language at the *Common European Framework of Reference for Languages* (CEFR) level A1. CEFR is an internationally recognized system that assesses language proficiency in various aspects, including listening, speaking, reading, and writing. At the A1 level, learners are considered beginners, and this book is designed to provide a comprehensive and structured path to reach this fundamental stage.

Overview of CEFR Level A1 Proficiency

At CEFR level A1, learners are introduced to the essential building blocks of English language skills. This includes understanding and using basic phrases, expressing everyday needs, and engaging in simple conversations about familiar topics. The A1 level serves as a crucial starting point for those looking to communicate effectively in English in everyday situations, such as introducing themselves, ordering food at a restaurant, or asking for directions.

Main Thesis

“Fast Track English A1” operates on the core thesis that previous language learning experiences may not always lead to practical and usable language skills. This textbook acknowledges that learners often find themselves in situations where their existing knowledge of English falls short. Whether it's due to gaps in previous learning or simply not remembering what was once studied, this book is here to provide an efficient and effective means of rekindling and reinforcing your English language skills. With a focus on practicality, real-world communication, and building confidence in your language abilities, “Fast Track English A1” offers a refreshing approach to language learning.

So, embark on this journey with us, and let's fast-track your English proficiency to the A1 level, enabling you to navigate a world where English is a valuable tool for communication and connection.

Module - 1 - Nouns

Before you start

1. Read about the farmers' market. Look at the highlighted grammar examples.

Come to our local Farmers' Market!

See **a big apple** or many small **apples**. Taste a sweet strawberry or a lot of fresh strawberries. We have **some** delicious **food** and many kinds of fruit.

You can buy a bottle of milk, or some cheese. We also have **much bread** and **many cakes**.

Do you need **any** help? Our friendly sellers are here for you!

Remember, **the Farmers' Market** is open every Sunday. Come and enjoy!



2. Now read the sentences. Choose the correct word in *italics*.

- | | | |
|---|---|----------|
| 1 | Do you like <i>apple</i> / <i>apples</i> ? | Lesson 1 |
| 2 | I don't eat fat <i>food</i> / <i>foods</i> . | Lesson 2 |
| 3 | There is <i>a</i> / <i>an</i> farmers' market in town. | Lesson 3 |
| 4 | <i>A</i> / <i>The</i> farmer's market is open every Sunday. | Lesson 4 |
| 5 | There is <i>some</i> / <i>any</i> delicious food at the market. | Lesson 5 |
| 6 | There aren't <i>much</i> / <i>many</i> farmers' markets around. | Lesson 6 |

3. Check your answers. Go to the lesson for more information and practice.

1 apples, 2 food, 3 a, 4 The, 5 some, 6 many

Practice

1. Write the plural form of the nouns in the box.

cat bush lady knife child man mouse tooth
goose leaf baby shelf half fish sheep

-s _____
-es _____
-ies _____
-ves _____
irregular _____

2. Match the two parts of the sentences.

1 The dog  A chase their tails.
2 The dogs  B chases its tail.

1	1 The child	A plays with a toy.	3	1 The bird	A fly in the sky.
	2 The children	B play with toys.		2 The birds	B flies in the sky.
2	1 The teacher	A are reading books.	4	1 The man	A eats an apple.
	2 The teachers	B is reading a book.		2 The men	B eat apples.

3. Write the plural form of the nouns in the picture.



② Countable & Uncountable Nouns

Fruit salad



two apples
three bananas
one orange
half a lemon
some strawberries
sugar
salt



1. Countable nouns

These are things we can count. We can have one, two, three, and more. For example, *apple, banana, orange, lemon*.

Countable nouns can be singular: *one apple, one banana, one orange, one lemon*.

They often have *a/an* instead of *one* in front of them: *an apple, a banana, an orange, a lemon*.

Countable nouns can be plural: *apples, bananas, oranges, lemons*.

They never have *a/an* in front of them, but they often have *some*: *some apples, some bananas, some oranges, some lemons*.

2. Uncountable nouns

These are things we can't count, for example, *salt, sugar, or music*.

They don't have a plural form: ~~*one sugar, two sugars*~~.

They don't have *a/an* in front of them: ~~*a salt, a sugar, a music*~~.

They can often have *some* in front of them: *some salt, some sugar, some music*.

Uncountable nouns go with singular verbs. Even though they might feel like a lot, we treat them like one thing.

uncountable noun + singular verb

Sugar is sweet.

The music is loud.

Some common uncountable nouns are:

food: *rice, bread, milk, cheese, butter, water, sugar, salt*

materials: *wood, metal, plastic, glass, paper*

emotions and ideas: *love, time, information, happiness*

school subjects: *science, English, art, music*

collective nouns: *money, furniture*

Practice

1. Is the noun in *italics* countable or uncountable? Write C or U?

- 0 Can you give me some *water*? U.....
1 I have three *apples* in my bag.
2 The *music* is very loud.
3 There are many *dogs* in the park.
4 We need more *bread* for the sandwiches.
5 The *homework* is difficult.

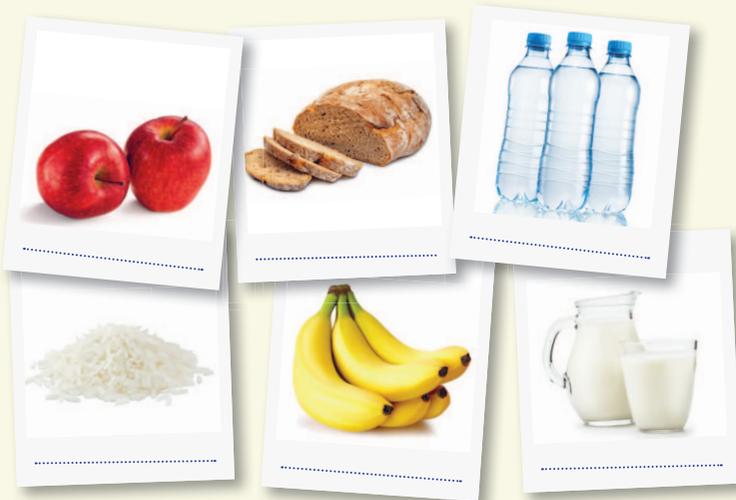
2. Are the nouns countable or uncountable?

dog	car	table	book	pen
milk	water	rice	coffee	music

Countable:

Uncountable:

3. Match the pictures with the things on the shopping list.



Shopping list 

~

- 2 *apples*
- *bread*
- 3 *bottles of water*
- *rice*
- 5 *bananas*
- *milk*

4. Choose the correct words in *italics* in the note from David to Charlotte.

 Hi Charlotte,
Could you please buy two (0) *apple* / *apples* from the store? Also, we need (1) *a bread* / *some bread* for breakfast. Please don't forget to get three bottles of (2) *water* / *waters*, we're out of it at home. We also need (3) *a rice* / *some rice* for dinner tonight. If you see nice bananas, could you get (4) *five bananas* / *some banana*? Lastly, a carton of *milk* / *milks* would be great for our morning coffee. Thank you! David

3 a/an



1. Form

We use *a* and *an* before different sounds:

	before words that begin with	examples
a	a consonant sound (<i>b, c, d, f, g</i> , etc.)	<i>a cat, a dog, a table</i>
	<i>u</i> or <i>eu</i> if they sound like <i>y</i>	<i>a university</i>
an	a vowel sound (<i>a, e, i, o, u</i>)	<i>an apple, an orange, an elephant</i>

2. Use

A and *an* are indefinite articles used before **singular, countable** nouns. We use *a* or *an*

to talk about one thing or person	<i>I saw a dog yesterday. Can I have an apple?</i>
to describe a thing or a person	<i>This is a tasty dish. She is a nice person. My wife is a dentist.</i>

3. Don't use

We don't use *a/an* with plural and uncountable nouns.

*She likes **movies** about romance.*

***Teenagers** listen to rap **music**.*

④ the, a/an

Emily Hey, did you see the cat outside? It's so adorable!
Ben Oh, you mean a cat? I saw one near the garden earlier.
Emily No, I'm talking about the cat that always hangs around our porch. It has a distinctive black tail.



1. Pronunciation

The has two different pronunciations. It's pronounced as /ðə/ when it comes before a word that starts with a consonant sound (*b, d, k, t, s*, etc.):

the cat, the dog

When it comes before a word that starts with a vowel sound (*a, e, i, o, u*), it's pronounced as /ði:/:

the apple, the orange

2. Use of *the*

The is a definite article. We use *the* when we talk about specific things or people that the listener or reader knows about:

- *Please pass the salt.* (you want a specific salt shaker that both people know is there)
- *The dog is in the garden.* (a specific dog that you and another person know about)
- We also use *the* when there is only one of something:
- *The sun shines brightly today.* (There's only one sun.)
- *Someone knocked at the front door.* (There's only one front door.)

3. We don't use *the*

We don't use *the* before plural or uncountable nouns when we talk about things or people in general.

Sugar is bad for you. (sugar in general)

4. *a/an* or *the*?

We use *the* when we talk about something specific that both the speaker and listener know. Usually, we use *a/an* when we use a noun for the first time, and *the* when we use it again:

Would you like a cupcake? *Christopher ate the last cupcake!*
(not specific) (we know which exactly)

I have a book. *The book is on the table.*
(not specific) (the one I've just told you about)

Practice

1. Choose a correct sentence for each picture.

- 1 I saw the/a movie last night. It was really entertaining.
- 2 Can you pass me the/a salt, please? I need to season my dish.
- 3 She adopted the/a cat from the shelter. It's adorable.
- 4 I want to become the/a doctor and help people in need.
- 5 Let's go to the/a museum this weekend. They have a new exhibit.
- 6 He found the/a job he was looking for after months of searching.



2. Write *a*, *an*, *the* or —

- 0 I have a cat. The cat is black.
- 1 He wants to be teacher, because teacher at our school is very nice.
- 2 She is eating apple. apple she is eating looks delicious.
- 3 I am going to shop nearby. Do we need coffee?
- 4 I bought book. book is on the table.
- 5 They live in house near the lake. house is very big.

3. In the email, choose the correct words in *italics*.

Dear Boris,

I just returned from (0) *a / an / the / —* trip to Colombia. It was (1) *a / an / the / —* amazing journey! I stayed in (2) *a / an / the / —* hostel in the city of Bogota, (3) *a / an / the / —* capital of Colombia. During my stay, I visited (4) *a / an / the / —* famous museum. It has (5) *a / an / the / —* biggest collection of gold artifacts in the world!

One day, I took (6) *a / an / the / —* bus to (7) *a / an / the / —* small town in the mountains. (8) *A / An / The / —* town was very charming with (9) *a / an / the / —* friendly people. I also tried (10) *a / an / the / —* local food which was very tasty. I hope to visit Colombia again soon.

Take care,
Margaret

⑤ some, any

- Hey, do we have any milk left? I want to make some cereal.
- I think there's still some milk in the fridge. Check the bottom shelf.
- I can't find any milk here. Are you sure we have any left?



1. *some* and *any* with a noun

We use *some* and *any* to talk about an indefinite quantity of something with plural or uncountable nouns:

	+ plural noun	+ uncountable noun
some	some apples	some water
any	any oranges	any money

We typically use *some* in positive sentences and *any* in negative sentences or questions.

I have some apples.

Do you have any apples?

I don't have any apples.

2. *some* and *any* without a noun

We can also use *some* and *any* without a noun when the noun is clear from the context.

A *We don't have any bread.*

B *I bought some.* (= some bread)

A *How many eggs do we have?*

B *We don't have any.* (= any eggs)

Practice

1. Read the dialogue between two doctors and choose the correct words in *italics*.

- A Good morning, Dr. Mansion. Do we have (0) *some / any* new patients today?
B Yes, we have (1) *some / any*. There are (2) *some / any* in the waiting room right now.
A Ok. Do we need (3) *some / any* medication for them?
B No, we don't need (4) *some / any* at the moment. We have (5) *some / any* in the storage.
A Great. Are there (6) *some / any* urgent cases I should attend to first?
B Yes, there are (7) *some / any*. There's a patient with a high fever in room 3.
A Alright, I will go check on them now. Thank you.

2. Complete the interview with *some* or *any*.

- Interviewer** Good afternoon, Chef. Could you tell us how to cook cinnamon rolls?
Chef Of course. First, you need to have (0) **some** flour, (1) _____ sugar, and (2) _____ cinnamon. If you don't have (3) _____ milk, you can use (4) _____ cream.
Interviewer Great. What's the next step?
Chef You need to mix (5) _____ flour and (6) _____ sugar in a bowl. Then add (7) _____ milk. Don't add (8) _____ cinnamon yet, put it later.

3. Correct the mistakes in the sentences.

- 0 I don't have some time to go to the gym today. — I don't have any time to go to the gym today.
1 Do we have some coffee? _____
2 We need any milk for this recipe. _____
3 Is there some water in the bottle? _____
4 I didn't eat some food this morning. _____
5 Did you add some sugar? _____

4. Describe what you have in the fridge with *some* and *any*.

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