Unit 3 — Media in Our Lives — Teacher copy

Track E · Klasse 7 · Niveau E

Niveau E

1. Vocabulary

Match each item to its meaning or use it in a sentence.

Term	Your note
screen time	
notification	
feed	
message	
stream	
story	
news	

2. Reading

Read the text and use it for the activities below.

Listening dialogue — *Three Screens*
The teacher reads aloud. Listen with closed books.
Aisha. I tried something this week. No phone after dinner. Just for one week.
Ben. Just for one week? That sounds impossible.
Aisha. It was hard for two days. After that, it was kind of nice.
Ms. Reyes. What did you do with the time you would have spent on the phone?
Aisha. I made dinner once. I drew badly. I went to bed earlier. The earlier bed was the biggest change.

Vocabulary cluster — media

Noun	Verb
screen time	to scroll
notification	to swipe
feed	to post
message	to message

Noun	Verb
stream	to stream
story	to share
news	to follow / unfollow

Useful phrases.

- *to be on your phone — I'm on my phone too much.*
- *to put your phone away — Put your phone away during dinner.*

- *to lose track of time — I lost track of time on TikTok.*

Language focus — present perfect with *for* / *since*

Present perfect connects past to now. Use it for actions or states that started in the past and still continue, or for events without a clear past time marker.

- *I have not used my phone for three days.* (duration)
- *Aisha has read to her cat since Monday.* (start point)
- *We have known Ms. Reyes since September.* (start point)
- *Ben has played that game for two months.* (duration)

For + a length of time (*two days, three weeks, an hour*).

Since + a starting point (*Monday, my birthday, 2024*).

L1 trap. German *Perfekt* covers many cases where English uses simple past. *"Ich habe gestern viel ferngesehen"* in English is *"I watched a lot of TV yesterday"* — simple past, because of *yesterday*. Reserve present perfect for "still relevant now" contexts.

Language focus — *asked* + *to* / *not to* (reported request)

When you tell someone what another person asked, use:

- *Ms. Reyes asked us **to put** our phones in the box.*
- *Aisha asked Ben **not to post** that picture.*

The to-infinitive does not change with tense or person.

3. Practise

Niveau G — controlled

A. for or since?

1. I have known my best friend _____ five years.
2. I have not seen that film _____ 2024.
3. We have lived in this town _____ a long time.
4. Ben has been on his phone _____ this morning.

B. Match the verb to the noun.

Verb	Noun
1. to scroll	a. a story
2. to swipe	b. a feed
3. to post	c. a message
4. to send	d. a screen

Niveau M — productive

C. Build a present perfect sentence with *for* / *since*.

5. Aisha / not use / her phone / two evenings → ___
6. We / know / Ms. Reyes / September → ___
7. I / play / this game / a long time → ___

D. Reported requests.

8. ”Please charge my phone,” said Ben. → Ben asked his sister ___ .
9. ”Don’t read my messages,” said Aisha. → Aisha asked her brother ___ .

4. Your turn

Writing task — *One Week, One Change*. Write a short text proposing one change to your media habits for **one week only**. Cover three points:

1. *What I would stop or limit.*
2. *What I would do instead.*
3. *What I think will happen by the end of the week.*

Use *would* and *will* at least once each, and the present perfect at least once.

Niveau G — 60–80 words.
Niveau M — 100–120 words.

Sample student response (Niveau M, 114 words)

For one week I would stop using social media after dinner. I have noticed that I keep scrolling for almost an hour without remembering what I saw, and I always go to bed too late. Instead, I would read at least ten pages of a book, even if the book is boring at first. I would also walk the dog, who has waited for his evening walk for days now. By the end of the week, I think I will sleep better and remember more from school. I will probably miss some group chats, but my friends know where I live.

Strong moves: a small concrete subject (*after dinner*), a clear substitute (*read ten pages, walk the dog*), a self-aware closer (*my friends know where I live*). Improve by replacing *and* with *so* or *because* once.

5. Further reading / listening

- BBC Learning English — *6 Minute English: Phone-free schools.* https://www.bbc.co.uk/learningenglish/english/features/6-minute-english
- The Guardian — short opinion pieces on screen time and young people. https://www.theguardian.com/lifeandstyle/screen-time

- Cal Newport, *Digital Minimalism* — accessible chapter samples on the author's site at https://calnewport.com.

6. Teacher answer key

Niveau G

A. 1. for, 2. since, 3. for, 4. since.

B. 1–b, 2–d, 3–a, 4–c.

Niveau M

5. Aisha hasn’t used her phone for two evenings.
6. We have known Ms. Reyes since September.
7. I have played this game for a long time.
8. … to charge his phone.
9. … not to read her messages.