BEGINNER ENGLISH

English Foundations

A1 | SAMPLE WORKBOOK

A practical introduction to everyday English, with guided lessons, assignments and homework.

01	02	03
LEARN	PRACTICE	IMPROVE

REAL ENGLISH. REAL PROGRESS.

START HERE

Welcome to your workbook

A message from Match

Hi, I'm Match! I'm an English tutor from Canada with over eight years of tutoring experience. I'm happy you're here. This sample gives you a chance to learn, practice and see the kinds of activities we can work on together.

How to use this workbook

Read the examples first. Complete each exercise at your own pace. Say the speaking answers aloud, and check your work using the answer key at the end.

Your learning goals

By the end of this workbook, you will have practiced:

- everyday vocabulary and useful expressions
- grammar for real-life communication
- reading, writing and speaking skills

My personal English goal:

VOCABULARY

Everyday words

Learn the words, then use them in your own sentences.

- teacher — a person who helps students learn
- library — a place where you borrow books
- breakfast — the first meal of the day
- market — a place to buy food
- neighbour — a person who lives near you

Assignment: complete the sentences.

1. I go to the _____ to borrow a book.

2. My _____ lives next door.

3. I eat _____ before work.

4. A _____ helps me learn.

GRAMMAR 1

Present Simple

Read the examples before answering.

Grammar Made Simple

Use the Present Simple for habits and routines. I work. She works. For negatives, use do not / does not.

Choose the correct word.

1. She (work / works) every Monday.

2. I (drink / drinks) tea in the morning.

3. They (do not / does not) live here.

4. He (study / studies) English.

GRAMMAR PRACTICE

Build your own sentences

Example

I work on Monday. / She does not work on Sunday.

Rewrite each sentence as instructed.

1. She play tennis. (Correct the verb.)

2. He works on Friday. (Make negative.)

3. You live in Canada. (Make a question.)

4. They study English. (Change to she.)

5. Write one true sentence about your routine.

READING

A short story

Read carefully

Maya lives in a small city. She works in a café near the library. Every morning, she walks to work. She starts at nine o’clock. At lunch, she eats a sandwich and reads a book. On Saturdays, she visits her friend Leo. They sometimes go to the market together.

Answer in complete sentences.

1. Where does Maya work?

2. How does she travel to work?

3. What does she do at lunch?

4. Who does she visit on Saturdays?

READING SKILLS

Understand the details

Complete the sentences using the story on page 6.

1. Maya works in a _____ near the library.

2. She _____ to work every morning.

3. At lunch, Maya eats a _____ and reads a book.

4. On Saturdays, Maya visits her friend _____.

Extra challenge

Write two sentences about your own daily routine.

GRAMMAR 2

Present Continuous

A second grammar skill to practice.

Grammar Made Simple

Use am/is/are + verb-ing for actions happening now: I am reading. She is working. They are studying.

Complete each sentence.

1. I _____ (read) a book now.

2. She _____ (cook) dinner.

3. They _____ (study) English.

4. He _____ (not sleep) now.

GRAMMAR CHALLENGE

Choose the correct tense

1. I usually (walk / am walking) to work.

2. Look! It (rains / is raining).

3. She (reads / is reading) every evening.

4. We (play / are playing) football right now.

5. Write two sentences about what you do and what you are doing.

VOCABULARY DETECTIVE

Solve the clues. Find the words.

Write each answer, then find it horizontally or vertically in the grid.

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

1. You can read this. _____
2. A place to buy coffee. _____
3. What you do at your job. _____
4. Look at words in a book. _____
5. A place to buy food. _____
6. A person who helps students learn. _____

CONVERSATION

Speak with confidence

Read the conversation aloud.

A: Hello! What is your name?

B: My name is Alex.

A: Where do you live?

B: I live in Canada.

A: What do you like doing?

B: I like reading and walking.

Your turn: write your own short conversation.

WRITING AND HOMEWORK

Your independent assignment

Writing task

Write 5–7 sentences about your daily routine. Include where you live, what you do and what you enjoy.

Homework checklist

- [ ] Review five new vocabulary words.
- [ ] Read the story aloud twice.
- [ ] Check your grammar answers.
- [ ] Practice your conversation aloud.

ANSWER KEY

Check your work — Part 1

Page 3

1 library; 2 neighbour; 3 breakfast; 4 teacher

Page 4

1 works; 2 drink; 3 do not; 4 studies

Page 5

1 She plays tennis. 2 He does not work on Friday. 3 Do you live in Canada? 4 She studies English. 5 Answers vary.

Page 6

1 In a café. 2 She walks. 3 She eats a sandwich and reads. 4 Leo.

Page 7

1 cafe (café); 2 walks; 3 sandwich; 4 Leo.

Extra challenge: Answers vary.

ANSWER KEY

Check your work — Part 2

Page 8

1 am reading; 2 is cooking; 3 are studying; 4 is not sleeping

Page 9

1 walk; 2 is raining; 3 reads; 4 are playing; 5 Answers vary.

Page 10 — Vocabulary Detective

BOOK, CAFE, WORK, READ, MARKET, TEACHER

Pages 11–12

Conversation and writing answers will vary. Check that your sentences are complete and clear.

Your next step

Great work! These activities are a small example of what we can practice together. In a personalised lesson, we'll work on the English you need most and build your confidence step by step.

READY TO KEEP LEARNING?

Book a 30-minute trial lesson with Match.

www.englishwithmatch.com