

32 Myself, yourself

English uses reflexive pronouns when the subject of the verb is the same as the object. They show that the action affects the person who is carrying it out.

⚙️ **New language** Reflexive pronouns

Aa **Vocabulary** Measurements and flavors

🧩 **New skill** Talking about food and recipes

32.1 KEY LANGUAGE REFLEXIVE PRONOUNS

Reflexive pronouns in English include the word “self” (or “selves” in the plural).



He cut **himself** while chopping vegetables.

The subject pronoun refers to the person doing the action.

Use a reflexive pronoun when the same person is affected by the action.



32.2 FURTHER EXAMPLES REFLEXIVE PRONOUNS



She's teaching **herself** to cook.



He introduced **himself** to the other party guests.



That pan is very hot. Don't burn **yourself**.



Did **they** enjoy **themselves** at the party?



32.3 KEY LANGUAGE REFLEXIVE PRONOUNS

SUBJECT PRONOUNS

I

you

he

she

it

we

they

myself

yourself
yourselves

himself

herself

itself

ourselves

themselves

REFLEXIVE PRONOUNS





32.4 FILL IN THE GAPS USING THE WORDS IN THE PANEL

I think Elizabeth's enjoying herself.

- 1 I hope the children exhaust _____ and sleep tonight.
- 2 Look at baby Callum trying to feed _____. Isn't he smart?
- 3 I can't find my keys. I hope we haven't locked _____ out.
- 4 Oh dear. I cut _____ while I was peeling potatoes.
- 5 You should take a break. You'll wear _____ out.
- 6 The dishwasher will turn _____ off when it's finished.

ourselves

~~herself~~ yourself

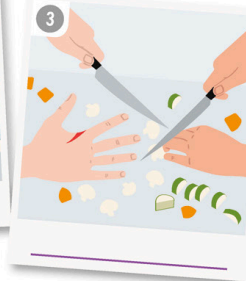
themselves

itself himself

myself



32.5 LISTEN TO THE AUDIO AND WRITE THE REFLEXIVE PRONOUN YOU HEAR UNDER EACH IMAGE



32.6 CROSS OUT THE INCORRECT WORDS IN EACH SENTENCE

I've burned ~~me~~ / myself on a hot pan.

- 1 The baby can pull ~~her~~ / herself up.
- 2 I'm teaching ~~them~~ / themselves to swim.
- 3 You really enjoyed ~~you~~ / yourself tonight.
- 4 Have you introduced ~~you~~ / yourselves to him?
- 5 Ouch! That wasp stung ~~me~~ / myself.
- 6 The cake's all gone. I've eaten ~~it~~ / itself.
- 7 The car's dirty. Please wash ~~it~~ / itself.
- 8 Don't tease the cat. You'll scare ~~her~~ / herself.
- 9 The oven will turn ~~it~~ / itself off now.



32.7 VOCABULARY MEASUREMENTS

The most common measurements of weight and volume are written and abbreviated as follows.

METRIC MEASUREMENTS

liter	l
milliliter	ml
gram	g
kilogram	kg

IMPERIAL MEASUREMENTS

pound	lb
ounce	oz
fluid ounce	fl. oz
gallon	gal
quart	qt
pint	pt
cup	c
tablespoon	tbsp
teaspoon	tsp



32.8 READ THE LIST OF INGREDIENTS OUT LOUD

Two pounds of dark chocolate



ULTIMATE DARK CHOCOLATE CAKE

2 lb dark chocolate
2oz butter
1 tbsp instant coffee granules
1/4 tsp baking powder
3 fl. oz buttermilk
1pt cream
2 c flour
1/4 lb sugar
3 eggs



32.9 VOCABULARY ADJECTIVES TO DESCRIBE FOOD AND DRINK



sweet chocolate



savory pasta



tasty cake



chilled water



salty pretzels



bitter lemons



mixed salad



spicy curry



fresh fruit



strong coffee



32.10 CROSS OUT THE INCORRECT WORDS IN EACH SENTENCE

I enjoy eating ~~sweet~~ / ~~savory~~ / ~~spicy~~ food, like meat, cheese, and vegetables.

- 1 I'm so tired this morning. I need a ~~tasty~~ / ~~mixed~~ / ~~strong~~ cup of coffee to wake me up.
- 2 I'd like some ~~chilled~~ / ~~salty~~ / ~~bitter~~ fruit juice, please. It's a hot day, and I need a refreshing drink.
- 3 That curry was too ~~mixed~~ / ~~chilled~~ / ~~spicy~~. I'll follow a different recipe next time I make it.
- 4 Remember to buy lots of ~~fresh~~ / ~~strong~~ / ~~bitter~~ fruit. We're making a fruit salad tonight.
- 5 The chocolate mousse was too ~~salty~~ / ~~sweet~~ / ~~tasty~~ for me, but I think the guests will love it.



32.11 READ THE TEXT MESSAGES AND ANSWER THE QUESTIONS

Gemma had fun at the party.

True ☒ False ☐

- 1 Gemma thought the drinks were colorless.
True ☐ False ☐
- 2 Hannah asked Gemma if she liked the food.
True ☐ False ☐
- 3 Gemma said the curry didn't taste good.
True ☐ False ☐
- 4 The salad had lots of different ingredients.
True ☐ False ☐
- 5 Hannah was very pleased with the chocolate cake.
True ☐ False ☐
- 6 Gemma likes eating sugary food.
True ☐ False ☐



32 CHECKLIST



Reflexive pronouns ☐

Aa Measurements and flavors ☐



Talking about food and recipes ☐