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Sections of the Language Companion

The Language Companion includes six sections.

- **Canadian Language Benchmarks**
  Understand what you can do as you learn English.

- **My Canada**
  Learn about Canada.

- **Where I Live**
  Learn about your province and your community.

- **Helpful English**
  Learn helpful English words and phrases.

- **My Notes**
  Keep your daily classroom work in this section.

- **My Portfolio**
  Keep work that you and your teacher review to talk about your learning.
What is the Language Companion?

The Language Companion is yours.
The Language Companion belongs to you.
Put your name and the phone number of your school on it.
Bring it to each class.

The Language Companion has helpful information.
It can help you while you learn English.
It can help you learn about Canada.
Your teacher will help you use the Language Companion.

The Language Companion is a place to keep your work.
Put your work in the Language Companion.
You and your teacher will look at it to see how you are doing.
What is My Portfolio?

Your Portfolio will have information about you and your language learning goals. It will also have a collection of some of the work you do in your class.

It will include examples of your listening, speaking, reading, writing and numeracy. It can include other work that is special to you in the section called Other. Your portfolio has six sections. You can organize your work in these sections.

Your teacher will help you decide what to put in your portfolio. Your teacher will look at your portfolio to see how much English you are learning. You and your teacher will talk about your language learning. Your teacher will use your portfolio to write your progress report at the end of the term.
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Canadian Language Benchmarks: ESL Literacy

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The Canadian Language Benchmarks (CLB) gives information about 12 levels of English.

12 levels of English

Basic English
- CLB 1
- CLB 2
- CLB 3
- CLB 4

Intermediate English
- CLB 5
- CLB 6
- CLB 7
- CLB 8

Advanced English
- CLB 9
- CLB 10
- CLB 11
- CLB 12

ESL Literacy
Students who did not go to school very much may go to an ESL Literacy class.

ESL Literacy students sometimes speak English at a CLB 1, 2, 3 or higher, but they need more help learning to read and write.

Teachers in ESL literacy classes give extra help with reading and writing.
ESL Literacy: Reading

Some things you can do in class

In the beginning

- Match letters that are the same
- Match lower to upper case alphabet letters
- Recognize my name and address
- Recognize very common signs, like the sign for washroom or exit
- Understand that each word is separated with a space
- Understand that I should read from left to right

Starting to read

- Read the alphabet in random order, in upper and lower case
- Read simple invitations, notes or stories with 1 to 5 very short sentences with pictures
- Read a number of common words, signs and labels by sight
- Read new words by sounding them out or using the pictures
- Read and follow simple, one-line instructions
- Know where to find information I need (like my address, postal code)
- Read a very short form that asks for information, like my name and address

Reading a little more

- Read simple notes, greeting cards and 1 to 4 step instructions
- Find information about people, places or events in a short simple text of up to 10 lines
- Use alphabetical order to find information in a directory
- Get information from a flyer or an advertisement
ESL Literacy: Writing

Some things you can do in class

In the beginning

- Hold a pen or pencil comfortably
- Copy the alphabet and the numbers 1 to 10
- Copy my name, address and phone number
- Print on a line and space out words
- Understand that I should print from left to right

Starting to write

- Copy from the board or an ID card, with proper spacing between words
- Write all the letters of the alphabet
- Write some sight words from memory
- Use sounding out, or phonics to try to spell words
- Write a few words to fill in the blanks, and write a short list
- Write 1 to 3 very short sentences about myself
- Use capital letters for names and places
- Use a period and a question mark at the end of a sentence
- Write a short message in a greeting card
- Fill out a very short form with personal information

Writing a little more

- Copy information for my own use (for example, details about a job)
- Write short notes with correct spelling and punctuation (for example, to notify a boss or teacher that I am sick)
- Write a few sentences to give information or to describe my ideas or feelings
- Fill out short forms
ESL Literacy: Numbers

Some things you can do in class

In the beginning

- Read and print the numbers 0 to 20
- Count to 100 and put the numbers in order
- Tell time to the quarter hour
- Read a thermometer
- Read a ruler, measuring cup and a scale
- Know how much each Canadian coin and bill is worth
- Read simple prices at the store
- Add and subtract small money amounts

Understanding numbers more

- Count by 1’s, 2’s, 5’s, 10’s, 25’s and 100s
- Read and write numbers up to 100
- Use simple addition, subtraction, multiplication and division
- Solve simple problems with fractions and decimals
- Tell and read time to the minute
- Read, write and order the months, days and years; write the date in words or numbers
- Use measurement tools, like a ruler, tape measure, scale
- Understand the metric system of measurement
- Count money, make change, and check over a receipt when I buy something
- Write a cheque
- Use a debit card
- Use a calculator

$19.99
Canadian Language Benchmarks

Listening
At this Benchmark, I can:

- understand a few words and very simple phrases
- understand common polite phrases

When:

- I can see the person
- the person speaks slowly and helps me understand
- the person uses pictures or gestures
- the person speaks about things I know or need to know

Understand very simple greetings and introductions.

Understand very simple requests.

Follow very short, simple instructions.

Understand very simple information.
At this Benchmark, I can:

- understand very short, simple sentences

- Understand greetings, introductions, and some questions in very simple social conversations.

- Follow simple instructions and directions.

- Understand simple information.

When:

- I can see the person
- the person speaks slowly and helps me understand
- the person uses pictures or gestures
- the person speaks about things I know or need

- Understand some simple requests and warnings.

- Your next appointment is June 12 at 1 p.m.
- June 12 at 1 p.m. Thank you.
- Coffee, with milk and sugar, please.
- What would you like to drink?
- I can see the person speaks slowly and helps me understand
- She’s 5 years old.
- How old is your daughter?
- Please pass me the scissors.
- Understood some simple requests and warnings.

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The Can Do Statements are intended to help learners understand the Canadian Language Benchmark levels; they are not intended for assessment purposes.

For the Canadian Language Benchmark Online Self-Assessment, visit www.CLB-OSA.ca.

For further details on the Canadian Language Benchmarks, consult the CLB document, available online at www.language.ca.

The Can Do Statements were developed with support from the Province of Manitoba and the Government of Canada.
At this Benchmark, I can:

- understand most simple sentences

When:

- I can see the person
- the person speaks at a slow to normal rate and helps me understand
- the person often uses pictures or gestures
- the topic is familiar

Interacting with Others

- Understand very short, simple social conversations (including greetings, introductions and endings).
  
  For example:
  - an apology from a friend
  - an introduction to a new co-worker

Getting Things Done

- Understand common requests, warnings, and permission.
  
  For example:
  - a request for a day off work
  - a request to borrow a book

Comprehending Instructions

- Follow 2- to 4-step common instructions and directions.
  
  For example:
  - instructions for a classroom activity
  - directions to a washroom

Comprehending Information

- Understand short descriptions of a person, object, situation, personal experience, or routine.
  
  For example:
  - a description of a family photo
  - details of a birthday party
At this Benchmark, I can:

- understand some simple formal and informal communication
- understand conversations about familiar topics

When:

- I can see the person
- the person speaks at a slow to normal rate and helps me understand
- the topic is familiar

Interacting with Others

- Understand short social conversations that include small talk.
  
  For example:
  - informal chat with a colleague about weekend plans
  - a description of household tasks

Getting Things Done

- Understand common persuasive requests.
  
  For example:
  - a short simple commercial
  - a sales clerk giving reasons to buy a more expensive product

Comprehending Instructions

- Follow 4- to 5-step common instructions and directions for familiar everyday situations.
  
  For example:
  - directions for a simple recipe
  - simple instructions from a doctor

Comprehending Information

- Understand short descriptions or stories.
  
  For example:
  - a very short, clear weather report
  - a classmate’s story about shopping
Canadian Language Benchmarks

Speaking
At this Benchmark, I can:

• say a few words and very simple phrases
• say the alphabet, names, numbers, times, and dates

When:

• I can see the person
• the person helps me
• I can use pictures and gestures

■ Say very simple greetings.
■ Make very simple requests.
■ Give a very simple introduction.
■ Answer very basic questions about myself.
■ Ask simple questions about a person.

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At this Benchmark, I can:

- say simple phrases and some very short, simple sentences
- talk about some very common, everyday things

Start short social conversations with greetings and end with goodbyes.

Give a simple introduction.

Make simple requests.

Say simple warnings.

Give short, simple instructions.

Give basic information about myself.

Ask for basic information about another person.

Describe a familiar thing (size, colour, number).
At this Benchmark, I can:
• say short, simple sentences
• talk about some common, everyday things I need and about my experiences
• begin to use basic grammar and sometimes connect my ideas

When:
• I can see the person
• the person sometimes helps me
• I can sometimes use pictures and gestures

Have very short, simple social conversations.  
For example:
• introduce myself to a new person
• talk to a receptionist about my appointment

Make and respond to simple polite requests.  
For example:
• ask if I may do something
• ask someone to help me

Give very short, simple warnings, cautions, and apologies.  
For example:
• tell someone to be careful

Ask for and give simple information about things I need and things I do.  
For example:
• tell the doctor how I feel
• talk about what I did yesterday
• talk about my plans

Give simple 2- to 3-step instructions and directions.  
For example:
• tell a new student where to sit
• give directions to the classroom

Describe things, people, and situations in a few short sentences.  
For example:
• describe my home
• describe a person in my family

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At this Benchmark, I can:

- give simple information about common everyday activities, experiences, needs, and wants
- use basic grammar and connect my ideas

When:

- I can see the person or talk very briefly on the phone
- the person sometimes helps me
- I can sometimes use pictures and gestures

Interacting with Others

- Have short, casual social conversations.
  
  *For example:*
  - introduce 2 people to each other
  - talk about the weather with a co-worker

- Talk briefly on the phone.
  
  *For example:*
  - start and carry on simple telephone conversations and end the calls
  - leave short, simple telephone messages

Getting Things Done

- Make and respond to polite requests.
  
  *For example:*
  - ask for information about services
  - ask for help when I am shopping
  - ask for a day off

Giving Instructions

- Give simple 4- to 5-step instructions and directions.
  
  *For example:*
  - give directions to a familiar place
  - give instructions on how to set an alarm clock

Sharing Information

- Ask for and give simple information about my needs and feelings.
  
  *For example:*
  - tell a classmate how I am feeling

- Describe personal experiences and situations using 5-7 sentences.
  
  *For example:*
  - describe my day at work
  - say what happened on my favourite TV show
Canadian Language Benchmarks

Can Do Statements

Reading

Benchmark

At this Benchmark, I can:

• read the alphabet
• read numbers
• read some very common, everyday words

When:

• the topic is very familiar
• there are many pictures
• the words are very easy to read
• I use a dictionary in my language

Understand some words and phrases in very short, simple messages.

Find some information in very short, simple signs, maps, and forms.

Understand very short, simple instructions.

Understand very simple information.

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Canadian Language Benchmarks: ESL Literacy

Canadian Language Benchmarks

Can Do Statements

Reading

Benchmark 2

At this Benchmark, I can:

- read common, everyday words and phrases
- read some very short, simple sentences

When:

- the topic is very familiar
- there are some pictures
- the words are very easy to read
- I use a dictionary in my language

Understand very short, simple messages.

Find some information in very simple forms, maps, signs, and labels.

Understand short, simple instructions with up to 4 steps.

Understand simple information about everyday topics.

- Party for Uzma on May 8.
- Apples on sale until Friday.
- Wet hands.
- Wash with soap for 20 seconds.
- Dry hands thoroughly.
- Use towel to turn off tap.

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At this Benchmark, I can:
• read short, simple sentences
• understand some information in short, simple paragraphs

When:
• the topic is familiar
• there are some pictures, charts, or diagrams
• I sometimes use a dictionary in my language

Understand very short, simple social messages.  
For example:
• a short note from my teacher
• a short email with the details for an appointment

Find some information in simple forms, tables, and schedules.  
For example:
• bus schedules

Find some key information in short business texts such as flyers, form letters, and brochures.  
For example:
• a flyer with information about a sale

Comprehending Instructions
Understand simple instructions with about 5 steps, often with pictures.  
For example:
• directions to the bus stop
• steps to take care of someone’s house while the person is away

Comprehending Information
Understand the main idea and some important information in short, simple paragraphs.  
For example:
• a story about my neighbourhood

Find simple information in dictionaries and encyclopedias.  
For example:
• a word in an online bilingual dictionary
At this Benchmark, I can:

- understand short, simple paragraphs

When:

- the topic is familiar
- there are sometimes pictures, charts, or diagrams
- I sometimes use a dictionary in my language

Interacting with Others

- Understand simple social messages.
  
  **For example:**
  - an email from a friend with the reason they didn’t come to class
  - a letter with news from a friend

Getting Things Done

- Find information in simple forms, tables, schedules, and directories.
  
  **For example:**
  - telephone numbers in an online directory

- Find and compare information in short business texts such as brochures, notices, form letters, and flyers.
  
  **For example:**
  - two simple brochures about travel

Comprehending Instructions

- Follow simple instructions with about 6 steps and with some pictures.
  
  **For example:**
  - simple recipes
  - instructions for playing a simple game

Comprehending Information

- Understand and compare some important information in 2-3 short, simple paragraphs.
  
  **For example:**
  - factual description of a company (its location, when it started, how many people worked there, etc.)
  - information about 2 different apartments

- Find information in dictionaries and online encyclopedias.
  
  **For example:**
  - information for a class project in an online encyclopedia
Canadian Language Benchmarks

Writing
At this Benchmark, I can:

- write the alphabet and numbers
- write some very common, everyday words

When:

- the topic is very familiar
- someone helps me
- I write for a familiar person

- Write very short, simple social messages.
- Complete very short, simple forms.

- Copy numbers, simple lists of words, or very short, simple sentences.
- Complete 3-5 very short, simple sentences about me.
Canadian Language Benchmarks

Can Do Statements

Writing

Benchmark 2

At this Benchmark, I can:

- write simple phrases and some very short, simple sentences
- write very common, everyday words

When:

- the topic is very familiar
- someone helps me
- I write for a familiar person

- Write short, simple social messages.
- Complete short, simple forms.

- Write a few words to complete short sentences or answer questions about me.

- Copy 3-5 short, simple sentences.
- Copy lists with 10-15 items.

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At this Benchmark, I can:
- write short, simple sentences
- write common, everyday words
- use capital letters and some simple punctuation

When:
- the topic is familiar
- I write for a familiar person

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<th>Getting Things Done</th>
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<td>Write short, simple social messages to someone I know.</td>
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<td><strong>For example:</strong></td>
<td></td>
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<tr>
<td>- an invitation to a co-worker about a party</td>
<td></td>
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<tr>
<td>- an email to a sick friend</td>
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<tr>
<td>Complete short, simple forms with 12-15 items.</td>
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<td><strong>For example:</strong></td>
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<td>- an emergency contact form</td>
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<tr>
<td>Write short, simple messages to get things done.</td>
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<tr>
<td><strong>For example:</strong></td>
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<tr>
<td>- a note to a co-worker asking him or her to turn off the lights</td>
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</table>

<table>
<thead>
<tr>
<th>Reproducing Information</th>
<th>Sharing Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copy 1 very short, simple paragraph.</td>
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<tr>
<td><strong>For example:</strong></td>
<td></td>
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<tr>
<td>- a short recipe</td>
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<tr>
<td>- details about my work schedule</td>
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<tr>
<td>Write sentences about things I know.</td>
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<tr>
<td><strong>For example:</strong></td>
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<tr>
<td>- a short description of a family member</td>
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<tr>
<td>- a few sentences about my weekend</td>
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</tbody>
</table>
At this Benchmark, I can:

- write simple sentences and short, simple paragraphs
- use capital letters and simple punctuation

When:

- the topic is familiar
- I write for a familiar person

Writing

Interacting with Others

- Write a short social message (up to 1 paragraph) to someone I know.

For example:
- an email to a friend to talk about my vacation
- a thank-you note to my supervisor

Getting Things Done

- Complete simple forms with 15-20 items.

For example:
- an application form for pre-authorized payments

- Write short, simple messages to get things done.

For example:
- an email to my supervisor to ask for a day off (including a reason)

Reproducing Information

- Copy short, simple paragraphs.

For example:
- information about 2 products to decide which one is better
- definitions from 2-3 different dictionaries

Sharing Information

- Write 1 paragraph describing something familiar to me.

For example:
- a description of my plans for next summer
- a description of my new home
The World

This is a map of the world.

Canada is in North America.

Find Canada on the map.

What country are you from?

I am from ____________________.
Canada

This is a map of Canada.

Canada has ten provinces and three territories.

The United States of America (USA) is south of Canada.

What province or territory do you live in?

I live in ____________________.
Canada’s Provinces and Territories

Each province and territory name has a short form, or abbreviation.

<table>
<thead>
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<th>Province</th>
<th>Abbreviation</th>
<th>Territory</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>AB</td>
<td>Northwest Territories</td>
<td>NT</td>
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<tr>
<td>British Columbia</td>
<td>BC</td>
<td>Nunavut</td>
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<td>Manitoba</td>
<td>MB</td>
<td>Yukon</td>
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<td>New Brunswick</td>
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<td>Newfoundland and Labrador</td>
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<td>Nova Scotia</td>
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<td>Ontario</td>
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<td>Prince Edward Island</td>
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<td>Quebec</td>
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<tr>
<td>Saskatchewan</td>
<td>SK</td>
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</tr>
</tbody>
</table>

United States of America
Canada’s Flag

The flag of Canada is a symbol of Canadian identity.
The flag of Canada is red and white.
It has a maple leaf on it.

National Anthem

A national anthem is a country’s official song.

_O Canada_ is Canada’s national anthem.

_O Canada!_

_O Canada!_
_Our home and native land!_
_True patriot love in all thy sons command._

_With glowing hearts we see thee rise,_
_The True North strong and free!_

_From far and wide,_
_O Canada, we stand on guard for thee._

_God keep our land glorious and free!_  
_O Canada, we stand on guard for thee._

_O Canada, we stand on guard for thee._
Capital Cities

The capital city of Canada is **Ottawa**. Ottawa is in the province of Ontario.

Each province and territory in Canada has a flag and a capital city.

Circle the flag and capital city of your province or territory.

- **Yukon Territory**: Whitehorse
- **Northwest Territories**: Yellowknife
- **Nunavut**: Iqaluit
- **Newfoundland and Labrador**: St. John’s
- **Prince Edward Island**: Charlottetown
- **Nova Scotia**: Halifax
- **New Brunswick**: Fredericton
- **British Columbia**: Victoria
- **Alberta**: Edmonton
- **Saskatchewan**: Regina
- **Manitoba**: Winnipeg
- **Ontario**: Toronto
- **Quebec**: Quebec City
- **My Canada: ESL Literacy**
Canada’s Regions

There are five regions in Canada.

North
There are three territories in The North.

The Prairie Provinces
There are three provinces in the Prairie region.

Central Canada
There are two provinces in Central Canada.

The Atlantic Region
There are four provinces in the Atlantic Region.

The West Coast
There is one province in The West Coast.

What region do you live in?

I live in ____________________.
Canada’s People

Canada is made up of many people.

Aboriginal peoples
Aboriginal peoples lived in Canada before European settlers arrived. There are three groups of Aboriginal peoples.
- First Nations
- Inuit
- Métis

French and English Canadians
French- and English-speaking people first settled in Canada in the 1600s. They came from France, England, Wales, Scotland and Ireland.

Immigrants to Canada
Canada is often called a land of immigrants. Immigrants have helped build Canada.

Canada’s Languages
English and French are the two official languages of Canada.
Holidays

There are five statutory holidays in Canada. People in all provinces and territories take these five days off work and school. Each province or territory has additional statutory holidays.

New Year’s Day
New Year’s Day is January 1.

Good Friday
Good Friday is the Friday before Easter Sunday. Provinces have a holiday on Good Friday or on Easter Monday.

Canada Day
Canada Day is July 1.

Labour Day
Labour Day is the first Monday in September.

Christmas Day
Christmas Day is December 25.
Canada’s Government

Canada has three levels of government:

- Federal
- Provincial or Territorial
- Municipal

Government of Canada:
Federal Government

Government of a province or territory:
Provincial or Territorial Government

Government of a city or town:
Municipal Government

Canadians can vote for all three levels of government.
Federal Government

The government of Canada is also called the federal government.

The leader of the federal government is the **Prime Minister**.

Members of Parliament

Canadians elect **members of parliament (MPs)** to represent them in Ottawa.

The responsibilities of the federal government include:

- National defence
- Citizenship

**Find out:**

**Who is the Prime Minister?**

The Prime Minister is _______________________.

Provincial and Territorial Governments

Each province and territory has its own government.

The leader of provincial and territorial governments is the Premier.

The responsibilities of the provincial and territorial governments include:

- Health Care
- Education

Find out:

Who is the Premier in your province or territory?

The Premier is ________________________.
Municipal Government

Each city and town has its own government, called the municipal government. The leader of the municipal government is called the **mayor** or **reeve**. Canadians elect the mayor or reeve and **councillors** and a mayor to represent them at the municipal level.

The municipal government is responsible for:

<table>
<thead>
<tr>
<th>Community centres</th>
<th>Garbage collection, recycling and composting</th>
<th>Libraries</th>
<th>Local parks</th>
</tr>
</thead>
</table>

**Find out:**

**Do you have a mayor or reeve?**

- I have a mayor.
  
  The mayor’s name is ________________________.

- I have a reeve.
  
  The reeve’s name is ________________________.

**Who is your city or town councillor?**

My city or town councillor’s name is ________________________.
Living in Canada

Canadians live in villages, towns and cities. Where do you live? Check the correct sentence. Then copy it on the line.

**Villages** are small.

- [ ] I live in a village.
- [x] I do not live in a village.

*I do not live in a village.*

**Towns** are larger than villages.

- [ ] I live in a town.
- [ ] I do not live in a town.

**Cities** are larger than towns.

- [ ] I live in a city.
- [ ] I do not live in a city.

**Some Canadians live on farms.**

- [ ] I live on a farm.
- [ ] I do not live on a farm.
Homes in Canada

Canadians live in apartment buildings, townhouses and houses. What kind of a home do you live in? Check the correct sentence.

**Apartment building**
- □ I live in an apartment building.
- □ I do not live in an apartment building.

**Townhouse**
- □ I live in a townhouse.
- □ I do not live in a townhouse.

**House**
- □ I live in a house.
- □ I do not live in a house.

**Semi-detached house**
- □ I live in a semi-detached house.
- □ I do not live in a semi-detached house.

Two houses are attached.
Finding a home

Some Canadians rent their homes.
Other Canadians own their homes.

Renting
You can rent an apartment or a house.
Check the newspaper, the Internet or the neighbourhood to find a home to rent.

Owning
You can own a house or a condominium.
Condominiums are apartments that can be owned.
Contact a real estate agent to find out about buying or selling a home.

For more information:
Go to the Housing for Newcomers website.
There are videos and factsheets about renting a home. They are in eight languages.
www.cmhc.ca/ourhome
Working in Canada: Applying for work

To work in Canada, you need a **Social Insurance Number (SIN)**.

To get a social insurance number call Service Canada at 1-800-O-Canada.

To apply for jobs you might need to:

- Fill out an **application form**
- Create a **résumé**
- Go to an **interview**
Working in Canada: Occupations

Regulated Occupations
You need a licence to work in a regulated occupation.

Below are some examples of regulated occupations.

- A nurse
- An auto mechanic
- A teacher

Non-regulated Occupations
Most jobs in Canada are non-regulated.

You can apply for non-regulated jobs without a licence.

Below are some examples of non-regulated occupations.

- A cleaner
- A truck driver
- A server
Working in Canada: Looking for a job

There are many ways to find a job. For example:

- **Relatives and Friends**
  Ask relatives, friends and neighbours if they know about any jobs.

- **The Internet**
  Use job-search websites such as [www.jobbank.gc.ca](http://www.jobbank.gc.ca).

- **The Newspaper**
  Look at the job ads in the newspaper.

- **Job Fairs**
  Go to job fairs, where you can talk to many employers.

---

**Ask for help:**

Some immigrant serving agencies will help you look for a job:

2. Click on your province or territory.
3. Find your city or town.
4. Find an immigrant serving agency near your home.
In Canada there are laws to protect employees and employers. Employers must follow laws about work conditions, such as minimum wage, work hours, parental leave, paid vacation, and safety.

Minimum Wage
Minimum wage is the least money an employer can pay you per hour.

Safety
Employers must follow laws about health and safety.

Hours of Work
Employers must follow laws about how many hours a week they can require you to work.

Parental Leave
Employers must follow laws about giving you time off work to care for your new child.
Working in Canada: Volunteering

Employers want to hire people with experience. Volunteering is a good way to get Canadian work experience.

Volunteering can also help you to:
• Meet new people
• Practice English
• Develop workplace skills

Here are some places that often take volunteers:

- Schools
- Food banks
- Sports teams
- Places of worship
Education in Canada

Each province and territory provides public education.

All children must attend school until they are 16 or 18. The age is set by each province or territory.

There are different levels of education:

- **Elementary School**
  - For children, starting between age 4 and 6

- **Secondary School (High School)**
  - For teenagers, up to age 17 or 18

- **Post-secondary (College, University)**
  - Offer courses towards a diploma or degree
Education for Children

Elementary and secondary schools are provided through school boards or school districts.

Each province and territory has many boards or districts.

A principal is responsible for each school.

Each class has a teacher.

Some classes also have assistants.

Find out:

What are the school boards or school districts in your area?
Education for Adults

Many Canadians continue their education as adults. Adults can take credit courses and non-credit courses.

Credit courses

Credit courses count towards a certificate, diploma or degree.

They are offered through:
- Colleges
- Universities
- School boards
- Career colleges

Non-credit courses

Adults take non-credit courses out of interest.

Non-credit courses include English language classes, fitness classes and many other classes.

Usually, non-credit courses cost less than credit courses, Sometimes they are free.

They are offered through:
- School boards or districts
- Community centres
- Colleges
Health Care in Canada

All residents of Canada have access to health care. Citizens and permanent residents can apply for public health insurance. Each province and territory has its own public health insurance system. To get public health care you need a **health insurance card**.

Public health insurance covers many costs, including:

- family doctors
- hospital stays
- emergencies

**Did you know?**

You can get an application for a health card at a doctor’s office, a hospital, a pharmacy or an immigrant-serving organization.
Services for Emergencies

Most towns and cities have an emergency telephone service.

In an emergency, call 911.

Call 911 for:

- **Fire department**
- **Ambulance**
- **Police**
Services that Protect

In Canada, there are different police services to help you.

The Royal Canadian Mounted Police (RCMP) serve citizens across Canada.

Ontario, Quebec and Newfoundland and Labrador have provincial police.

Larger cities have municipal police services.

You can ask police for help with many problems, such as:

- Accidents
- Crime
Services that Help

There are many services available in your community when you need help.

- Social assistance
- Food banks
- Shelters
- Counsellors
- Legal aid
- Community centres
Helpful Websites

There is information on the Internet for newcomers.

These websites are useful for immigrants across Canada:
www.cic.gc.ca
www.workingincanada.gc.ca

There are also websites for each province and territory.

<table>
<thead>
<tr>
<th>Province</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td><a href="http://www.albertacanada.com/immigration">www.albertacanada.com/immigration</a></td>
</tr>
<tr>
<td>British Columbia</td>
<td><a href="http://www.welcomebc.ca">www.welcomebc.ca</a></td>
</tr>
<tr>
<td>Manitoba</td>
<td><a href="http://www.immigratemanitoba.com">www.immigratemanitoba.com</a></td>
</tr>
<tr>
<td>New Brunswick</td>
<td><a href="http://www.gnb.ca/immigration">www.gnb.ca/immigration</a></td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td><a href="http://www.nlimmigration.ca">www.nlimmigration.ca</a></td>
</tr>
<tr>
<td>Northwest Territories</td>
<td><a href="http://www.gov.nt.ca">www.gov.nt.ca</a></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td><a href="http://www.novascotiaimmigration.com">www.novascotiaimmigration.com</a></td>
</tr>
<tr>
<td>Nunavut</td>
<td><a href="http://www.gov.nu.ca">www.gov.nu.ca</a></td>
</tr>
<tr>
<td>Ontario</td>
<td><a href="http://www.ontarioimmigration.ca">www.ontarioimmigration.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.settlement.org">www.settlement.org</a></td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td><a href="http://www.gov.pe.ca/immigration">www.gov.pe.ca/immigration</a></td>
</tr>
<tr>
<td>Quebec</td>
<td><a href="http://www.immigration-quebec.gouv.qc.ca">www.immigration-quebec.gouv.qc.ca</a></td>
</tr>
<tr>
<td>Saskatchewan</td>
<td><a href="http://www.saskimmigrationcanada.ca">www.saskimmigrationcanada.ca</a></td>
</tr>
<tr>
<td>Yukon</td>
<td><a href="http://www.immigration.gov.yk.ca">www.immigration.gov.yk.ca</a></td>
</tr>
</tbody>
</table>
Where do you live?

I live in __________________________________________.
Write the name of your province or territory

The capital city is __________________________________________.

Circle where you live on this map of Canada.
My Home

Where do you live?

I live in an apartment / a house / a townhouse.
Circle apartment, house or townhouse

I live in a city / in a town / in a village / on a farm.
Circle city, town or village

It is called ________________________________.

Find a map of your community.

Three-hole punch it and add it to your binder.
Government

There is a local representative in your community for each level of government.

**Government of Canada:**

Who is your member of the federal government?

My member of parliament (MP) is ____________________________.

**Government of a Province or Territory:**

Who is your member of the provincial or territorial government?

My local representative is ________________________________.

**Government of a City or Town:**

Who is your representative of the municipal government?

My councillor is ________________________________.
Government Services

The government provides services in your community.

Write the addresses and telephone numbers to get or renew these cards.

To work, you need a Social Insurance Number (SIN)

Address:


Telephone number: 1-800-O-Canada

To see a doctor, you need a Health Card

Address:


Telephone number: ______________________

To drive a car, you need a Driver’s Licence

Address:


Telephone number: ______________________
Transportation

Some communities have public transportation.

Subway

My community has subways.  ☐ Yes  ☐ No

Light Rapid Transit (LRT)

My community has LRT.  ☐ Yes  ☐ No

Bus

My community has buses.  ☐ Yes  ☐ No

Streetcar

My community has streetcars.  ☐ Yes  ☐ No
Transportation

Find out:

What is the name of the local public transit provider?
It is called ________________________________________________.

How much does public transportation cost?
- adult fare ________
- child fare ________
- student fare ________
- senior fare ________
- monthly pass ________

Where can you buy a monthly pass?
_________________________________________________

Find a transit map of your community.

Three-hole punch it and add it to your binder.
Sales Tax

In Canada, we pay sales tax on most of the things we buy.

Some provinces have GST and PST.
Other provinces have the HST.

<table>
<thead>
<tr>
<th>GST</th>
<th>Goods and Services Tax</th>
</tr>
</thead>
<tbody>
<tr>
<td>PST</td>
<td>Provincial Sales Tax</td>
</tr>
<tr>
<td>HST</td>
<td>Harmonized Sales Tax</td>
</tr>
</tbody>
</table>

Some things do not have sales tax, such as:

- Basic groceries
- Childcare
- Prescription glasses

Find out:
Which taxes do you pay?

- GST _____ %
- PST _____ %
- HST _____ %
News

There are different ways to get the news in your community.

Newspaper

Television

Radio

Internet

Find out:

What are the newspapers in your community?

______________________________________

______________________________________
Work

In Canada, provinces and territories set employment standards about working conditions.
Provinces and territories also govern workplace safety.
Employers must follow the laws about work conditions and workplace safety.

Find out:
How much is minimum wage where you live?

$___________________ per hour
Circle the Employment Standards website for your province or territory:

<table>
<thead>
<tr>
<th>Province or Territory</th>
<th>Employment Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td><a href="http://www.employment.alberta.ca/SFW/1224.html">www.employment.alberta.ca/SFW/1224.html</a></td>
</tr>
<tr>
<td>British Columbia</td>
<td><a href="http://www.labour.gov.bc.ca/ESB/">www.labour.gov.bc.ca/ESB/</a></td>
</tr>
<tr>
<td>Manitoba</td>
<td><a href="http://www.gov.mb.ca/labour/standards/index.html">www.gov.mb.ca/labour/standards/index.html</a></td>
</tr>
<tr>
<td>New Brunswick</td>
<td>www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/labour.html</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td><a href="http://www.gov.nl.ca/Ira/index.html">www.gov.nl.ca/Ira/index.html</a></td>
</tr>
<tr>
<td>Northwest Territories</td>
<td><a href="http://www.ece.gov.nt.ca/Divisions/Labour/index.htm">www.ece.gov.nt.ca/Divisions/Labour/index.htm</a></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td><a href="http://www.gov.ns.ca/lae/employmentrights/">www.gov.ns.ca/lae/employmentrights/</a></td>
</tr>
<tr>
<td>Nunavut</td>
<td><a href="http://www.justice.gov.nu.ca/i18n/english/lsb.shtm">www.justice.gov.nu.ca/i18n/english/lsb.shtm</a></td>
</tr>
<tr>
<td>Ontario</td>
<td><a href="http://www.labour.gov.on.ca/english/">www.labour.gov.on.ca/english/</a></td>
</tr>
<tr>
<td>Quebec</td>
<td><a href="http://www.cnt.gouv.qc.ca/en/home/index.html">www.cnt.gouv.qc.ca/en/home/index.html</a></td>
</tr>
<tr>
<td>Saskatchewan</td>
<td><a href="http://www.lrws.gov.sk.ca/about/">www.lrws.gov.sk.ca/about/</a></td>
</tr>
<tr>
<td>Yukon Territory</td>
<td><a href="http://www.community.gov.yk.ca/labour/">www.community.gov.yk.ca/labour/</a></td>
</tr>
</tbody>
</table>
## Schools

Write the names, addresses and telephone numbers of the schools in your community.

### Elementary School

| Name: ________________________________ | Address: _____________________________________ |
|____________________________________|______________________________________________|
| Telephone number: __________________ | _______________________________________________ |

### Secondary School

| Name: ________________________________ | Address: _____________________________________ |
|____________________________________|______________________________________________|
| Telephone number: __________________ | _______________________________________________ |

### College or University

| Name: ________________________________ | Address: _____________________________________ |
|____________________________________|______________________________________________|
| Telephone number: __________________ | _______________________________________________ |

**Find out:**

If you have school-age children, when does the school year begin?  
______________________________________________________.
Healthcare

Write the addresses and telephone numbers for the medical service providers in your community.

**Family Doctor**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Telephone number:</td>
</tr>
</tbody>
</table>

**Clinic**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Telephone number:</td>
</tr>
</tbody>
</table>

**Hospital**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Telephone number:</td>
</tr>
</tbody>
</table>

**Pharmacy**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Telephone number:</td>
</tr>
</tbody>
</table>
My Community

There are places where you can go to get involved, have fun or get help. Write the addresses and telephone numbers for the places below.

**Library**

Name: ____________________________________________

Address: _________________________________________

Telephone number: ________________________________

**Community Centre**

- Fitness and recreation
- Courses and workshops
- Hobbies

Name: ____________________________________________

Address: _________________________________________

Telephone number: ________________________________

**Immigrant serving organizations**

- English classes
- Help finding a job
- Help adjusting to Canada

Name: ____________________________________________

Address: _________________________________________

Telephone number: ________________________________

Name: ____________________________________________

Address: _________________________________________

Telephone number: ________________________________
The Alphabet

There are 26 letters in the alphabet.

**Capital letters**

Start here

Read this way

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

**Lower-case letters**

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

**Capital and lower-case letters**

<table>
<thead>
<tr>
<th>A a</th>
<th>B b</th>
<th>C c</th>
<th>D d</th>
<th>E e</th>
</tr>
</thead>
<tbody>
<tr>
<td>F f</td>
<td>G g</td>
<td>H h</td>
<td>I i</td>
<td>J J</td>
</tr>
<tr>
<td>K k</td>
<td>L l</td>
<td>M m</td>
<td>N n</td>
<td>O o</td>
</tr>
<tr>
<td>P p</td>
<td>Q q</td>
<td>R r</td>
<td>S s</td>
<td>T t</td>
</tr>
<tr>
<td>U u</td>
<td>V v</td>
<td>W w</td>
<td>X x</td>
<td>Y y</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Z z</td>
</tr>
</tbody>
</table>

A computer keyboard has all the letters of the alphabet.
The Alphabet

Printing:  
Hand writing:  

This is a cat. 

<table>
<thead>
<tr>
<th>Printing:</th>
<th>Hand writing:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A a A a</td>
<td>B b B b</td>
</tr>
<tr>
<td>D d D d</td>
<td>E e E e</td>
</tr>
<tr>
<td>G g G g</td>
<td>H h H h</td>
</tr>
<tr>
<td>J j J j</td>
<td>K k K k</td>
</tr>
<tr>
<td>M m M m</td>
<td>N n N n</td>
</tr>
<tr>
<td>P p P p</td>
<td>Q q Q q</td>
</tr>
<tr>
<td>S s S s</td>
<td>T t T t</td>
</tr>
<tr>
<td>V v V v</td>
<td>W w W w</td>
</tr>
<tr>
<td>Y y Y y</td>
<td>Z z Z z</td>
</tr>
</tbody>
</table>

The letter a also looks like a. 

The letter g also looks like g.
A Sentence

This is a sentence.

Start with a capital letter.

Put a space between each word.

End with a period.

A sentence can be a statement or a question. A statement usually ends with a period. A question ends with a question mark.

How many children do you have?

Question mark

Do you have children?

Yes, I do. I have one son.
### Numbers

<table>
<thead>
<tr>
<th>0</th>
<th>zero</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>one</td>
</tr>
<tr>
<td>2</td>
<td>two</td>
</tr>
<tr>
<td>3</td>
<td>three</td>
</tr>
<tr>
<td>4</td>
<td>four</td>
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<td>5</td>
<td>five</td>
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<td>9</td>
<td>nine</td>
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<tr>
<td>10</td>
<td>ten</td>
</tr>
<tr>
<td>11</td>
<td>eleven</td>
</tr>
<tr>
<td>12</td>
<td>twelve</td>
</tr>
<tr>
<td>13</td>
<td>thirteen</td>
</tr>
<tr>
<td>14</td>
<td>fourteen</td>
</tr>
<tr>
<td>15</td>
<td>fifteen</td>
</tr>
<tr>
<td>16</td>
<td>sixteen</td>
</tr>
<tr>
<td>17</td>
<td>seventeen</td>
</tr>
<tr>
<td>18</td>
<td>eighteen</td>
</tr>
<tr>
<td>19</td>
<td>nineteen</td>
</tr>
<tr>
<td>20</td>
<td>twenty</td>
</tr>
</tbody>
</table>

- I have one child. How many children do you have?
- How many apples are there? There are three apples.
Fractions

1/8  one eighth
2/8 or 1/4  one quarter
3/8  three eighths
4/8 or 1/2  one half
5/8  five eighths
6/8 or 3/4  three quarters
7/8  seven eighths
8/8  one whole pizza

We have a half a pizza left over. We can eat it for lunch tomorrow.
**Ordinal Numbers**

<table>
<thead>
<tr>
<th></th>
<th>first</th>
<th>1st</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>second</td>
<td>2nd</td>
</tr>
<tr>
<td>3</td>
<td>third</td>
<td>3rd</td>
</tr>
<tr>
<td>4</td>
<td>fourth</td>
<td>4th</td>
</tr>
<tr>
<td>5</td>
<td>fifth</td>
<td>5th</td>
</tr>
<tr>
<td>6</td>
<td>sixth</td>
<td>6th</td>
</tr>
<tr>
<td>7</td>
<td>seventh</td>
<td>7th</td>
</tr>
<tr>
<td>8</td>
<td>eighth</td>
<td>8th</td>
</tr>
<tr>
<td>9</td>
<td>ninth</td>
<td>9th</td>
</tr>
<tr>
<td>10</td>
<td>tenth</td>
<td>10th</td>
</tr>
<tr>
<td>11</td>
<td>eleventh</td>
<td>11th</td>
</tr>
<tr>
<td>12</td>
<td>twelfth</td>
<td>12th</td>
</tr>
<tr>
<td>13</td>
<td>thirteenth</td>
<td>13th</td>
</tr>
<tr>
<td>14</td>
<td>fourteenth</td>
<td>14th</td>
</tr>
<tr>
<td>15</td>
<td>fifteenth</td>
<td>15th</td>
</tr>
</tbody>
</table>

I work on the ninth floor. Which floor do you work on?
Shapes

Many warning signs are triangle or diamond shapes. This diamond sign means *be careful* or *slow down*. A red circle with a line through it means *no* or *do not*. 
Days and Months

Days

Sunday       Sun.
Monday       Mon.
Tuesday       Tues.
Wednesday    Wed.
Thursday     Thurs.
Friday       Fri.
Saturday     Sat.

Months

1 January Jan.
2 February Feb.
3 March Mar.
4 April Apr.
5 May      May
6 June     Jun.
7 July      Jul.
8 August    Aug.
9 September Sep.
10 October  Oct.
11 November Nov.
12 December Dec.
The Date

We write the date in different ways.

We can use the word for the month.

Month/day/year: November 27, 2010
Nov. 27, 2010

We can also use the number for the month.
The number for November is 11.

Year/month/day: 2010/11/27
Month/day/year: 11/27/2010

Maria’s credit card expires at the end of July 2015.
Personal Information

Address

Street address and apartment number
123 Linton Street, Apt 201

City, province and postal code
Victoria, BC V9A 7J9

Country
CANADA

Personal Information on a Form

Registration Form

Date
2010-11-27

Name
Maria Gomez

Address
123 Linton Street, Apt 201

City, province and postal code
Victoria, BC V9A 7J9

Country
CANADA

Date of birth (DOB)
1963-09-16

Phone number
(250) 555-2342

Maria Gomez
Time

9:00
It is nine o’clock.

9:15
It is nine fifteen. It is a quarter after nine.

9:30
It is nine thirty.

9:45
It is nine forty-five. It is a quarter to ten.

Excuse me, what time is it?
It’s nine thirty.
Thank you.
Time

9:05
It is five minutes after nine.

9:10
It is ten minutes after nine.

9:15
It is fifteen minutes after nine.

9:20
It is twenty minutes after nine.

9:25
It is twenty-five minutes after nine.

9:30
It is thirty minutes after nine.

9:35
It is twenty-five minutes to ten.

9:40
It is twenty minutes to ten.

9:45
It is quarter to ten.

9:50
It is ten minutes to ten.

9:55
It is five minutes to ten.

10:00
It is ten o'clock.

Excuse me, what time does class start?
It starts at five minutes after nine.
**Seasons**

There are four seasons in one year: winter, spring, summer and fall.

**Winter Months**


**Spring Months**


**Summer Months**

Summer begins on June 21. Summer ends on September 20.

**Fall Months**

Fall begins on September 21. Fall ends on December 20.
Weather

<table>
<thead>
<tr>
<th>Weather</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain shower</td>
<td>A light shower of rain.</td>
</tr>
<tr>
<td>Partly cloudy</td>
<td>Mostly cloudy, but some sunshine.</td>
</tr>
<tr>
<td>Cloudy</td>
<td>Mostly cloudy.</td>
</tr>
<tr>
<td>Sunny</td>
<td>Mostly sunny.</td>
</tr>
<tr>
<td>Lightning</td>
<td>Thundershowers.</td>
</tr>
<tr>
<td>Snow flurries</td>
<td>Light snowfall.</td>
</tr>
<tr>
<td>Sun shower</td>
<td>A shower of sunshine.</td>
</tr>
<tr>
<td>Sun and snow</td>
<td>Sunshine and light snowfall.</td>
</tr>
</tbody>
</table>

**Weekend Weather**

<table>
<thead>
<tr>
<th>Day</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>A rain shower</td>
</tr>
<tr>
<td>Sunday</td>
<td>Partly cloudy</td>
</tr>
<tr>
<td>Monday</td>
<td>Sunny</td>
</tr>
</tbody>
</table>

It will rain on Saturday.
It will be sunny and cloudy on Sunday.
It will be sunny on Monday.
Temperature

A thermometer measures temperature.

Today is hot. It is 32 degrees.

Tomorrow it will be warm. The high will be 24 degrees.

Fahrenheit is used in the United States.

Celsius is used in Canada.

40° is a very hot day.

20° is a warm day.

0° is a cold day.

-20° is a very cold day.

Weekend Weather

<table>
<thead>
<tr>
<th>Today</th>
<th>Tomorrow</th>
</tr>
</thead>
<tbody>
<tr>
<td>High: 32°</td>
<td>High: 24°</td>
</tr>
<tr>
<td>Low: 24°</td>
<td>Low: 22°</td>
</tr>
</tbody>
</table>

40° is a very hot day.

20° is a warm day.

0° is a cold day.

-20° is a very cold day.
Colours and Patterns

Colours

I like the blue shirt. My favourite colour is blue.
My daughter likes pink. Her favourite colour is pink.
My son doesn’t like pink. His favourite colour is green.
He is wearing a casual jacket, a white shirt and jeans.
Clothing

Men’s Dress Clothing

- suit
- jacket
- tie
- dress shirt
- dress pants
- dress shoes

Women’s Dress Clothing

- skirt
- blouse
- dress
- pant suit
- high heels
- low heels

Undergarments

- bra
- and underwear
- camisole
- pantyhose
- boxer shorts
- undershirt and briefs
Winter Clothing

Head, neck and hands

- hat
- toque
- scarf
- mittens
- gloves
- neck warmer

Feet

- overshoes
- boots
- thermal socks
- snowboots
- ice grips

Coats

- snowsuit
- ski jacket and snowpants
- parka
- overcoat
- vest

She is wearing a long scarf, a hat, a coat, jeans and winter boots. She is not wearing gloves.
The label says I have to hand wash it. I don’t want to buy it.
Sizes

XS  Extra small
S  Small
M  Medium
L  Large
XL  Extra large

These pants are too big. Can you get me a smaller size?
Canadian Money

Bills

$100.00  one hundred dollars

$50.00  fifty dollars

$20.00  twenty dollars

$10.00  ten dollars

$5.00  five dollars

Coins

Penny  $.01 or 1¢
One cent

Nickel  $.05 or 5¢
Five cents

Dime  $.10 or 10¢
Ten cents

Quarter  $.25 or 25¢
Twenty-five cents

Loonie  $1.00
One dollar

Toonie  $2.00
Two dollars
### Prices

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Twenty-one dollars</td>
</tr>
<tr>
<td>9.29</td>
<td>Nine dollars and twenty-nine cents</td>
</tr>
<tr>
<td>$117.09</td>
<td>One hundred and seventeen dollars and nine cents</td>
</tr>
<tr>
<td>$39.52</td>
<td>Thirty-nine dollars and fifty-two cents</td>
</tr>
</tbody>
</table>

**How much is the shirt?**

*It's fifteen dollars and ninety-nine cents*

*Fifteen ninety-nine.*
Adding Prices

Calculating the subtotal

Add the prices (3.39 + 22.89). Use a calculator. The subtotal is $26.28.

3 \cdot 3 \cdot 9 + 2 \cdot 2 - 8 \cdot 9 = 26.28
Calculating Sales Tax

**Fashion Outlet**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socks</td>
<td>$3.39</td>
</tr>
<tr>
<td>Tie</td>
<td>$22.89</td>
</tr>
<tr>
<td>Subtotal</td>
<td>$26.28</td>
</tr>
<tr>
<td>Tax</td>
<td>$3.42</td>
</tr>
<tr>
<td>Total</td>
<td>$29.70</td>
</tr>
</tbody>
</table>

Calculating the tax

Multiply the subtotal by the tax rate (26.28 x 13%).
The tax is $3.42.

Calculating the total

Add the subtotal and the tax (26.28 + 3.42).
The total is $29.70.

I want to buy the tie and the socks. How much will they cost with tax? I have a calculator. Let’s see. The total with tax will be $29.70.
Calculating Sale Prices

A 20% Discount

Step 1: Multiply the price by the discount rate (3.39 x 20%). The discount is 80 cents.

\[ 3.39 \times 0.20 = 0.68 \]

Step 2: Subtract the discount from the price (3.39 - 0.80). The sale price is $2.59.

\[ 3.39 - 0.80 = 2.59 \]

A 50% Discount

Step 1: Multiply the price by the discount rate (3.39 x 50%). The discount is $1.70.

\[ 3.39 \times 0.50 = 1.695 \]

Step 2: Subtract the discount from the price (3.39 - 1.70). The sale price is $1.69.

\[ 3.39 - 1.70 = 1.69 \]
Immediate Family

Do you have any brothers or sisters?
Yes, I have one brother.

This is my family. I have one brother. I don’t have any sisters.

This is my family. I am an only child. My mother is a single parent.
Extended Family

This is my family.

my dad                  my mom

my uncle                my aunt

me

my cousin                my cousin

my grandmother      my grandfather

Do you have any grandchildren?
Yes, I have three grandchildren.
I have one granddaughter and two grandsons.
This is my family.

Do you have any nieces or nephews? My brother has two sons, so I have two nephews. I do not have a niece.
Parts of the Body

Raise your arms.
Point your fingers at the sky.
Bend your right knee.
Stretch your left leg behind you.
My name is Anna.
I have wavy black hair.
My friends tell me I have nice teeth.
I laugh a lot.
I have a cough. It hurts when I breathe.

*Let me check your lungs.*

*Breathe in. Hold your breath. Breathe out.*
Inside the Body

Heart

Veins (carry blood to the heart)

Arteries (carry blood away from the heart)

Healthy artery

Partly blocked artery

Blocked artery

Blood pressure cuff

Your blood pressure is too high.

Is that dangerous?

It can be. People with high blood pressure can have a heart attack or a stroke.
Fruit

What do you like in your fruit salad?
I like green and red grapes, peaches, and watermelon. I don’t like bananas or oranges in my fruit salad.
Vegetables

Do you have a recipe for a vegetable stir fry?

Let’s look in the cook book. Here’s one.

We need broccoli, onion, peas, garlic, ginger and oyster sauce.
Where is it?

The red pepper is next to the yellow pepper.

The red pepper is between the yellow pepper and the green pepper.

The red pepper is behind the yellow pepper.

The red pepper is on top of the yellow pepper.

The red pepper is under the yellow pepper.

The red pepper is in the drawer.
Where is it?

refrigerator
fridge

- in the freezer
- on the top shelf
- on the middle shelf
- in the drawer

left side  right side  in the door

Where is the red pepper?

The red pepper is in the fridge. It is in the drawer on the left side.
Can I have some meat, please?
Sure, how much meat do you want?
About 200 grams please.
### Preparing Food

<table>
<thead>
<tr>
<th>Action</th>
<th>Tool</th>
<th>Action</th>
<th>Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peel</td>
<td>potato</td>
<td>Grate</td>
<td>carrot</td>
</tr>
<tr>
<td>peel</td>
<td>peeler</td>
<td>grate</td>
<td>grater</td>
</tr>
<tr>
<td>Cut</td>
<td>onion</td>
<td>Measure</td>
<td>water</td>
</tr>
<tr>
<td>cut</td>
<td>knife</td>
<td>measure</td>
<td>measuring cup</td>
</tr>
<tr>
<td>Slice</td>
<td>carrot</td>
<td>Chop</td>
<td>meat</td>
</tr>
<tr>
<td>slice</td>
<td>knife</td>
<td>chop</td>
<td>into small pieces</td>
</tr>
<tr>
<td>Stir</td>
<td>soup</td>
<td>Beat</td>
<td>eggs</td>
</tr>
<tr>
<td>stir</td>
<td>wooden spoon</td>
<td>beat</td>
<td>whisk</td>
</tr>
</tbody>
</table>

1. Peel the potato with a vegetable peeler.
2. Grate the carrot with the grater.
3. Cut the onion with a sharp knife.
4. Measure the water with a measuring cup.
5. Slice the carrot with a sharp knife.
6. Chop the meat into small pieces.
7. Stir the soup with a wooden spoon.
8. Beat the eggs with a whisk.
Best Before Dates

January JA
February FE
March MR
April AL
May MA
June JN
July JL
August AU
September SE
October OC
November NO
December DE

Is the bread fresh?
I don’t know. Check the date.
# Measuring Liquid

### Millilitres (mL)

<table>
<thead>
<tr>
<th>Image</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 mL dropper</td>
<td>3 mL</td>
</tr>
<tr>
<td>50 mL bottle</td>
<td>50 mL</td>
</tr>
<tr>
<td>125 mL beaker</td>
<td>125 mL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Image</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 mL milk box</td>
<td>50 mL</td>
</tr>
<tr>
<td>355 mL soda can</td>
<td>355 mL</td>
</tr>
<tr>
<td>750 mL bottle</td>
<td>750 mL</td>
</tr>
</tbody>
</table>

### Litres (L)

<table>
<thead>
<tr>
<th>Image</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1L milk carton</td>
<td>1 L</td>
</tr>
<tr>
<td>2L milk carton</td>
<td>2 L</td>
</tr>
<tr>
<td>18L water jug</td>
<td>18 L</td>
</tr>
</tbody>
</table>

---

How much water do you drink a day?

*I drink about 8 cups.*

Wow! That’s 2 litres a day!
Measuring Length

1 millimetre
1 mm

About 5 millimetres of rain falls during a rain shower.

1 centimetre
1 cm

He is 95 centimetres tall.

1 metre
1 m

The table is one metre high and two metres wide.

1 kilometre
1 km

It takes about 15 minutes to walk one kilometre.
Tools for Measuring Length

Ruler

Tape measure

Tape measure

Speedometer and odometer

Finger tip (about 1 centimetre)

Hand span (about 20 centimetres)

Waist height (about 1 metre)

Large step (about 1 metre)
Everyday Signs

- Washrooms
- Walk
- Don't Walk
- Don't walk on the grass
- Stairs
- Escalator up
- Escalator down
- Information

Today is Sunday. The store is closed on Sundays. What are the store hours tomorrow?

*The store opens at 9:30. The story closes at 6:00. The store is open from 9:30 a.m. to 6:00 p.m.*
Road Signs

A green circle sign means you can do something.

You can ride a bicycle here. Park here between 9 a.m and 6 p.m.

A red circle with a line through it means you cannot do something.

Do not ride a bicycle. Do not turn left. Do not pass.

Do not walk. Do not park. Do not enter.

Do not make a U-turn. Do not stop here. Do not turn right on a red light.
Road Signs

A yellow diamond sign means caution. Drive slowly and be careful.

- Slippery when wet
- Rocks may fall
- Slight bend ahead
- Stop sign ahead
- Bump ahead
- Sharp bend ahead
- Right lane ends
- Intersection ahead
- School crossing ahead

Rectangular signs usually give information or directions.

- One way traffic
- The speed limit is 50 km/h ahead.
- Kitchener is 72 kilometres from here.

Is this the exit for Burnaby?
No, it isn’t. Go straight ahead.
Hazard Symbols

- **Corrosive**: This can burn your skin or eyes.
- **Flammable**: This can catch fire easily.
- **Explosive**: This can explode.
- **Poison**: Eating this can make you very sick.

9-1-1, what’s the problem?

*Help! My son drank furniture polish. The label says it is poisonous.*

Okay. What is your address?

*24 Jones Avenue. Please hurry.*

An ambulance is on the way.
Activities Around the House

- wash the clothes
- iron the clothes
- do the dishes
- sweep the floor
- cook the meals
- wipe the counter
- vacuum the floor
- wash the floor
- rake the yard
- water the garden
- take out the garbage
- shop for groceries

Who cooks the meals in your family?
I cook lunch. My husband cooks dinner.

Who does the dishes?
My children do the dishes.
Leisure Activities

What do you like doing in your free time?
I like shopping at the mall and going out with friends. At home, I like reading and watching TV. What about you?
I like watching TV and chatting online. I like going out with friends. I don’t like shopping at the mall!
Transportation in the City

How do you get to class?

- I take a streetcar.
- I take a bus.
- I take a taxi.
- I walk to class.
- I ride a bike.
- I drive my car.
- I use my scooter.
- I take a subway.

I take a bus. She takes a bus. She takes a taxi. She takes a subway.
Directions

Turn left.

Turn right.

Go straight. Continue.

Turn right in 300 metres.

Continue. Then, turn right at Elm Street.

Take the next exit.

Should I take exit 24 north?

No. We need to go south. Take the next exit. It’s 24 south.
Making an Appointment
At the Doctor’s Office

Hi. I need to see Dr. Chen again. Can I make an appointment for next month?

Let me check her appointment book. Okay Maria, Dr. Chen can see you on Friday March 16 at 9:15. Here is an appointment card.

Thank you.
Study Tips

Speaking and Listening

- Talk to classmates who don’t speak your language.
- Talk to neighbours.
- Talk to people at the bus stops or at stores.

Reading and Writing

- Read signs in the neighbourhood and copy them.
- Go to the library. Borrow short books that come with a CD. Listen to the story and follow along in the book.
- Copy important words and read them (like names of friends or my address.)
- Copy words you want to learn in a notebook.
- Write a couple of short sentences every day.
- Use a picture dictionary.
- Use helpful websites.
Helpful Websites to Practice English

REEPworld

On this website you can listen to English, read English and practice English. There are also word cards and pictures that you (or your teacher) can print and use in class.

Follow these steps:

- **step 1** Go to [www.reepworld.org](http://www.reepworld.org)
- **step 2** Click on English Practice.
- **step 3** Click on a picture to select Work English, Family English or Health English.
Helpful Websites to Practice English

Language Guide

This website is like a picture dictionary. You can hear the word, see the picture and read the word.

Follow these steps:

step 1  Go to www.languageguide.org

step 2  Click on English.

step 3  Click on one of the underlined words in a topic.

step 4  Click on a picture. You will see and hear the word.

There are many pictures about the following topics.

- Numbers
- The Body
- Clothing
- The house
- Food
- Animals
- Transportation
- Telling Time