

N. C. GRIVAS

TEEN ^x WHODUNNIT? NEXT CASE

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B1

Workbook

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Lesson 1

scrolling & stress

1 Fill in the correct form of the word in capitals.

Most students are 1) before an exam, but not me. I wouldn't say I feel 2) , but I try not to get too 3) – that's very important.

One thing that helps me is that I always study hard before an exam, and this gives me a lot of 4) I also make sure I get enough rest the night before, so I'm not 5) – that wouldn't help my 6) at all!

ANXIETY
RELAX / STRESS

CONFIDENT
SLEEP
PERFORM

2 Match the sentence halves.

- | | | |
|---|-------|--|
| 1. Tim will set | | a your homework . |
| 2. He can't make | | b limits on how long he spends on social media. |
| 3. Don't have your phone next to you when you do | | c videos for hours and sleeps very late. |
| 4. Jake often watches | | d a choice between <i>Minecraft</i> and <i>Roblox</i> . |

3 Choose the correct word.

- When Peter is tired, he doesn't have the to study.
a situation b motivation c notification
- It's not always easy to learn a new , such as skiing.
a secret b routine c skill
- Sarah spends a lot of time on social media. It has become a bad
a habit b impact c use
- If you look at a screen for hours, what will it have on your eyes?
a pressure b effect c feeling
- A(n) of teenagers shows that 85% of them use social media every day.
a schedule b opinion c survey



4 Fill in **on**, **in**, **up** or **with**.

Mum: Why aren't you ready for school yet, Alex? You'll be late again!

Alex: I'll be ready soon, Mum. I'm just really tired.

Mum: Tired? Did you stay **1)** late again because you were **2)** your phone?

Alex: Not this again, Mum. I've got so much homework that I can't go to bed early, can I? Most of the other kids at school don't sleep early, either.

Mum: It's not your homework that I'm worried about. The problem is that spending hours **3)** front of a screen isn't good for you.

Alex: I just chat **4)** my friends and relax. What's wrong with that?

Mum: There's nothing wrong with it if you don't spend too long on your phone, and you can focus **5)** class the next day. Just try to use it **6)** moderation.

Alex: OK, Mum. I'll try.

5 Write **S** if the words have a similar meaning or **O** if they have an opposite meaning.

- | | | |
|--------------|-------|----------|
| 1. smart | | clever |
| 2. positive | | negative |
| 3. likely | | unlikely |
| 4. difficult | | hard |

6 Fill in the correct verb.

affect ♦ improve ♦ balance ♦ contact
explore ♦ matter ♦ practise ♦ scroll

1. I'm learning how to play the guitar, but I don't have much free time to
2. It is not easy for students to lots of different activities and homework.
3. Do you through social media late at night?
4. In this lesson, we will how the Internet works.
5. Technology can young people in a negative way.
6. Tina is doing online lessons to her English.
7. Does it if I don't get enough sleep?
8. Smartphones make it easy to friends and family.



1 Fill in the correct word.

1. distract / distracting

Many things me when I'm trying to study.

2. decide / decision

You must think carefully before making a

3. music / musical

Sally plays three different instruments.

2 Fill in the correct word.

mood ♦ voice ♦ mark ♦ benefit

1. I studied hard for my French test, and I got the best in the class.
2. When I'm in a bad, listening to music always makes me feel better.
3. One of studying with other people is that you don't lose motivation.
4. I love this singer – he's got an amazing



3 Choose the correct word.

1. my opinion, music can help you feel less anxious before an exam.
a To b By c In
2. I didn't hear Lisa come because I was playing a game.
a on b in c up
3. This clever can help you organise your study time.
a message b situation c app
4. Oh no! I took Andy's history book mistake, and we have a test tomorrow.
a by b from c in
5. I really love this song. Can you turn it , please?
a down b up c off
6. Why has the music stopped? Did you press on your phone?
a pause b talk c listen
7. If you want to go back to the last video you watched on YouTube, just use the button.
a next b play c previous

4a Choose the correct word.



Phil: How can some students listen to music when they study? When I do, I never get any work done.

Jack: Some scientists believe that music helps you **1) concentrate / support** better. I usually listen to classical music when I study, and I find that it helps me remember **2) important / main** information.

Phil: Well, I like rock music, but the last time I tried to listen to my favourite songs when I was studying for an English test, it took my mind **3) from / off** studying.

Jack: That's because you chose the wrong type of music. I like rock music too, but I wouldn't **4) recommend / think** it for studying. Also, songs with **5) lyrics / headphones** make us give more **6) memory / attention** to what we hear and not to what is on the page in front of us. When you choose the right music, studying will become easier, and you may find it less boring.

b Now read the dialogue again and tick (✓) the correct box.

Which person		Jack	Phil	Both
1.	has listened to music while they studied?			
2.	listened to music before an English test?			
3.	enjoys rock music?			
4.	believes that some kinds of music help students focus better?			

PLUGGED IN OR TUNED OUT?

1 Fill in the correct form of the word in capitals.

At school, we were talking about how 1) mobile phones can be. Most students don't agree, but I'm starting to wonder if they really are bad for us. I see how 2) my friends get distracted when they get a new message. I actually enjoy learning new things in class, but I notice that many of my classmates don't pay 3) because they're on their phones. If the teacher takes their phone, they become 4) and don't want to talk to anyone.

HARM

EASY

ATTEND

MOOD

2 Fill in the correct word.

concentrate ♦ deal ♦ miss ♦ stay ♦ turn

- Many teenagers don't know how to with the stress of exams.
- How often do you up late scrolling through social media?
- It's not easy to something boring into something fun.
- When I listen to loud music, I can't on my homework.
- I'm always on my phone because I don't want to out on anything my friends are doing.

3 Write T (for True) or F (for False).

- If you are **lonely**, you spend a lot of time with other people.
- If something is a **smart** choice, it's a good choice.
- If you **pass** an exam, you don't do well in it.
- If something is **the enemy**, it is harmless.

4 Choose the correct word.

One day, I was a bit **1)** , so I decided to look for a new game on my phone. I found a list of games that are popular **2)** teens and chose one where you can **3)** things to make a garden. In the beginning, it was fun because I learnt new and exciting things about different kinds of plants. The garden I made looked amazing, but the game became very **4)** because I was afraid my plants would die. I had to **5)** the app all the time to see if they were OK. My parents **6)** that I was always looking at my phone, and I wasn't talking to anyone. They **7)** that I put my phone away and focus **8)** something else for a while. They were right. I was spending too much time on this game every day, so I had to stop.



- | | | | |
|----|-------------|-------------|-------------|
| 1. | a tired | b bored | c scared |
| 2. | a for | b to | c with |
| 3. | a grow | b reduce | c change |
| 4. | a stressful | b calm | c alone |
| 5. | a leave | b contact | c check |
| 6. | a connected | b noticed | c missed |
| 7. | a felt | b suggested | c convinced |
| 8. | a on | b to | c with |

5 Choose the correct word.

- | | |
|--|--|
| 1. I get when I can't find my phone.
a relaxed b distracted c anxious | 3. Teachers often when they see students not paying attention in class.
a complain b discuss c fail |
| 2. Jake won't that he spends more time on his phone than he should.
a admit b allow c imagine | 4. If you go to bed too late, you won't have a lot of the next day.
a routine b habit c energy |

6 Fill in the correct preposition.

at ♦ for ♦ in ♦ on

- These headphones are perfect listening to music while I'm studying.
- first, I didn't use my phone a lot, but now I do.
- Many teenagers spend hours their phones late at night.
- This app is fantastic! fact, it's the most useful app I have on my phone.
- Classical music is ideal anyone who wants to listen to music without lyrics.

1 Choose the correct word.

1. There are many different apps that can help you study, **like / such** as *Calm* and *Forest*.
2. I like *Quizlet* **because / also** it makes studying more fun.
3. One negative **way / point** is that the app often stops working while you're using it.
4. This app has helped me **in / for** many different ways.

2 Fill in the correct word.

annoying ♦ awesome ♦ healthy ♦ helpful ♦ specific

1. Many people use apps to help them stay
2. It is the best game I have ever played – it's!
3. You have to complete the game in a(n) amount of time.
4. Did you find the app and easy to use?
5. My parents are always telling me to turn my phone off – they are so

3 Fill in the correct form of the word in capitals.

Most students have a very busy daily routine. However, I have found an app that shows me **1)** ways to organise my time. I like this app because I feel like it gives me **2)** advice on how to deal with stress. For example, it shows me **3)** exercises. The only thing I **4)** is that it doesn't always work well.

EFFECT
FRIEND
RELAX
LIKE

4 Fill in the correct preposition: **for** ♦ **from** ♦ **on**

Like many other young people, I don't always organise my time well or set limits **1)** how long I spend on social media. A friend told me about some apps that can help me with this. I had a look, and there were many I could choose **2)** The one I got was called *My Study Life*, and I didn't have to pay **3)** it. It has helped me a lot with my schoolwork. **4)** instance, it made a study plan for me, which was great.

5 Choose the correct word. Then say which part of an informal email each sentence would be in. Write **I** (for Introduction), **MB** (for Main Body) or **C** (for Conclusion).

1. What I like **for / about** the app is that it is easy to use. _____
2. How's it **doing / going** at school? _____
3. Would you use an app **like / as** this? _____
4. I'll speak **to / at** you soon! _____
5. The only problem is that there are **very / too** many ads. _____
6. I'm writing to tell you **for / about** an app I use to help me study. _____

6 Choose the correct answer.

1. If you **block** something, you
 a help it.
 b stop it.
2. If you **mention** something, you
 a forget about it.
 b say something about it.
3. If you **greet** somebody, you
 a say hello to them.
 b ask them how they are.
4. If you say something **briefly**, you use a
 a lot of words.
 b few words.

7 Fill in the correct word.

ads ♦ **features** ♦ **notifications** ♦ **problem** ♦ **revision** ♦ **versions**

Most young people's favourite device is their mobile phone. They may get twenty or fifty **1)** each day! This can be a(n) **2)** when they need to focus on their schoolwork. However, there are some apps that have many helpful **3)** for students, like helping them organise their **4)** for exams. There are often free **5)** of these apps, but they usually have a lot of **6)**

THE ONLINE SCAM

1 Write **S** if the words have a similar meaning or **O** if they have an opposite meaning.

1. cheap expensive
2. real true
3. secure safe
4. careless careful

2a Choose the correct verb.

1.

Enter
Receive

 your personal details.
2.

Look
See

 an ad.
3.

Notice
Protect

 your password.
4.

Offer
Win

 advice.

b Now use a verb from a to complete the sentence.

1. Did he you any advice on how to stay safe online?
2. You can your password by not telling other people what it is.
3. You must your name and your phone number to receive a gift.
4. Don't at your phone when I'm talking to you, Tina.

3 Fill in the correct word.

prize ♦ safety ♦ account ♦ lesson ♦ amount

1. What happened taught me a(n) , and I'll be more careful next time.
2. This book is full of useful advice about online
3. You need an email address if you want to create a(n)
4. My sister spent a huge of time looking for shoes online, but she didn't find anything she liked.
5. I get annoying ads on my phone all the time that say I've won a(n)

4a Match the columns to form collocations.

- | | |
|------------------|-----------|
| 1. online | a stock |
| 2. card | b address |
| 3. limited | c media |
| 4. email | d number |
| 5. social | e scam |



b Now use the collocations to complete the text.

I almost became a victim of a(n) **1)** last week. I was scrolling through **2)** when I saw an ad for a new camera. It was a very good offer, but the ad said there was **3)** , so I had to make a decision quickly. I went to the website, and it asked for my **4)** and **5)** Everything seemed fine, until I noticed some grammar and spelling mistakes on the site, and this made me think it was fake. The next day, I realised I was right. A friend told me that he had used the same website to buy something, and he had been scammed.

5 Fill in the correct preposition.

by ♦ to ♦ about ♦ for

1. If you think you have fallen a scam, you must contact your bank immediately.
2. According the information on the website, the offer ends tomorrow at midnight.
3. Sally bought the smartphone because she was attracted the cheap offer.
4. I'm not sure the headphones you saw online, Peter. The offer sounds too good to be true.

REVISION 1



1 Choose the correct word(s) (a, b, c or d).

1. Have you read any good about this smartphone?
a sites b reviews c links d surveys
2. Many teens try hard to their study time with their hobbies.
a connect b manage c balance d improve
3. Abby spends hours her phone, and it is starting to affect her schoolwork.
a with b in c on d for
4. It's very when my brother plays loud music while I'm studying.
a annoying b dishonest c creative d negative
5. This offer is only available for a(n) time.
a ideal b limited c free d difficult
6. He gave me a good of advice.
a plan b amount c piece d version
7. The main of the app is that you can create your own flashcards.
a lesson b message c feature d problem
8. 'Did you talk to Jamie?' 'Yes, but only because he had to get to his next lesson.'
a wisely b properly c actually d briefly
9. This website offers a lot of information on how to exam pressure.
a deal with b turn down c miss out on d concentrate on
10. I a call to my mother and told her I'd be home late.
a took b blocked c paid d made

2 Choose the correct word (a, b or c).

1. Sarah is beautiful, but she doesn't have a nice
a personal b personally c personality
2. Most parents believe mobile phones are very for teenagers.
a distract b distracted c distracting
3. It's not to talk to someone you don't know online.
a safe b safety c safely
4. When you buy something online, you should make sure that the website is first.
a secure b security c insecure
5. Most teens think playing a video game before bed isn't – it's just a fun way to relax.
a harm b harmful c harmless
6. The first day at a new school can be for young teens.
a stress b stressed c stressful

3a Choose the correct word.

My parents used to **1) complain / convince** about how much time I spent playing video games when I was in school. When I finished school and got a job testing video games, I thought it was too good to be **2) true / fake**. I test new games to find any problems and to say what works and what doesn't. This job is ideal **3) with / for** anyone who enjoys playing video games. You need to understand how video games work and make good **4) communication / observations** while you're playing. Sometimes you have to find a **5) specific / helpful** type of problem in a game. Other times, you may have to pay attention to all the small details on the screen, which is actually very difficult. Would I **6) recommend / mention** this job to others? Of course! I would tell all teenagers who love gaming that this is the best job you can possibly find!

b Choose the best title for the paragraph.

- a The Problem with Gaming
- b From Hobby to Job
- c Learning a New Skill



4 Fill in the correct word.

1. digital / virtual

- a Most smartphones and tablets have cameras.
- b Many people who can't have a real pet, often have a one.

2. prize / gift

- a I got these headphones as a for my birthday.
- b The winner will receive a new PlayStation as a

3. alone / lonely

- a Julia feels when she isn't with her friends.
- b John finds it easier to study when he is because it's quiet.

4. popular / famous

- a The Quizlet app is with students in my class.
- b Taylor Swift is a singer – everyone knows her.

5. affect / effect

- a Looking at a screen for many hours can have a negative on your eyes.
- b Not getting enough sleep can your performance in school.

5 Choose the word (a, b, c or d) that best fits each gap.

Last week, I was scrolling **1)** social media when I saw an ad that had an amazing **2)** It said I could get some money just by doing a survey and, of course, I was attracted **3)** that idea. I decided to click on the link and see what it was.

I thought the site was **4)** It asked for my age, email address and bank details so they could pay me. I entered all this information, but when I tried to go back to the site a few hours later, it had **5)** !

I realised I had fallen **6)** a scam and I was not going to **7)** any money. It was a fake site that wanted to **8)** people. I couldn't believe that I had let myself become the **9)** of a scam. In future, I'll be very careful and not give **10)** personal information online if I don't know the site.

- | | | | | |
|-----|------------|-------------|-------------|---------------|
| 1. | a over | b about | c along | d through |
| 2. | a activity | b offer | c challenge | d situation |
| 3. | a by | b into | c from | d with |
| 4. | a smart | b useful | c real | d simple |
| 5. | a reduced | b convinced | c arrived | d disappeared |
| 6. | a for | b to | c at | d of |
| 7. | a take | b share | c receive | d pay |
| 8. | a break | b trick | c contact | d surprise |
| 9. | a person | b expert | c learner | d victim |
| 10. | a off | b out | c on | d in |

6 Fill in the correct form of the word in capitals.

1. Kelly often needs some to help her focus on her homework.

MOTIVATE

2. I thought the team's last night was great.

PERFORM

3. If Sally doesn't have her phone with her, she starts to feel

ANXIETY

4. There are many things that can help with, such as listening to music.

RELAX

5. Sarah is to order from that website again because they sent the wrong item.

LIKELY

6. When people don't get enough sleep, they are often

MOOD

7. I that playing games at night is bad. I think it's fine.

AGREE

8. Students often lose when they do badly in an exam.

CONFIDENT

7 Complete the second sentence using the word given. Use two or three words.

1. It's important to sleep well the night before an exam.

GET It's important to night's sleep before an exam.

2. Lisa couldn't decide which phone to buy.

DECISION Lisa couldn't about which phone to buy.

3. I have a guitar lesson, so I can't meet you at the park.

BECAUSE I can't meet you at the park my guitar lesson.

8a Read the text and think of the word which best fits each gap.

Students today face a lot of pressure at school. They have exams, tests, and busy schedules that make it difficult for them to cope **1)** all the schoolwork they have to do. Some students have **2)** habits, such as staying **3)** late to play games on their phones, and they do not get enough sleep. This makes it harder for them to focus **4)** their work the next day and often makes them feel anxious. They are also distracted by their phones in class and this has a negative impact on their performance at school.

Students need to organise their time and **5)** limits on how long they spend on their phone. It is also helpful to find time for some enjoyable activities. **6)** example, they can play sports, go running or read a book. This will help **7)** their minds off their phones, and they will **8)** fewer mistakes at school.

b Choose the correct answer (a, b, c or d).

1. According to the first paragraph, what habit do some students have?

- a They do their schoolwork late at night.
- b They play games on their phone all day.
- c They don't sleep the night before an exam.
- d They use their phone late at night.

2. How can students organise their time better?

- a They should not use their phones before a test.
- b They should only use their phone for a specific amount of time.
- c They should sleep more during the day.
- d They should go running after they finish their homework.

3. What will happen if students start doing activities they enjoy?

- a They will not think about their phones as much.
- b They will feel more anxious because of their busy schedules.
- c They will stop using their phones at night.
- d They will do better at sports at school.

9 Write a paragraph about how much time you spend online.

You could say:

- how long you spend online each day / night.
- if you think this is too much time.
- if it affects your schoolwork.

Write about 50 words.

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WHODUNNIT?
NEXT CASE

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