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EVERYDAY ENGLISH EXPRESS



Nachayadar Srithum · Samantha Mele · Pasit Sapaokum
Traithana Chaovanapricha · Pitak Tragoolsawang
Kittikan Hararak · Piyathida Buaprasertying

Personality
Relationships
Social Manners
Human and Pet Illnesses
Healthy Lifestyle
Environmental Issues
Presentation and Discussion



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Welcome to Your English Learning Journey!

Introduction

This eBook is designed to enhance your English skills through engaging topics and practical exercises. Each unit provides clear learning goals, guiding you step by step to improve your vocabulary, grammar, reading strategies, and communication skills. By the end of this course, you will gain confidence in using English in real-life situations.

► Unit Overview

► *Unit 1: Personality*

Learning Goals:

- Use adjectives to describe people's personalities.
- Apply skimming and scanning techniques to identify main ideas and specific details in texts.
- Use the present simple tense correctly to discuss people's personalities.

► *Unit 2: Relationships*

Learning Goals:

- Identify and understand key vocabulary related to relationships.
- Express opinions using the structure **it's + adjective + infinitive verb**.
- Use expressions to ask for and give advice on relationship issues.

► *Unit 3: Social Manners*

Learning Goals:

- Use modals (should, must, have to, can, could & may) correctly and appropriately in daily conversations.
- Identify main ideas and specific details in texts using skimming and scanning skills.
- Explain various manners and etiquettes from around the world.

► *Unit 4: Human and Pet Illnesses*

Learning Goals:

- Describe common symptoms of illnesses in both humans and pets in English.
- Use the present perfect simple and present perfect continuous tenses correctly in daily conversations.
- Write grammatically correct sentences about human and pet health and illness.

► Unit Overview

► *Unit 5: Healthy Lifestyle*

Learning Goals:

- Distinguish between healthy and unhealthy habits.
- Recognize different functions of gerunds in sentences (as subjects, objects, and after prepositions).
- Apply skimming and scanning strategies to extract main ideas and specific details from texts.

► *Unit 6: Environmental Issues*

Learning Goals:

- Recognize and use key vocabulary related to environmental issues.
- Understand environment-related passages and conversations.
- Use cause-effect signposts to structure and communicate ideas in reading tasks.

► *Bonus Unit: Presentation and Discussion Skills*

Learning Goals:

- Learn how to deliver compelling presentations and discussions.
- Discover how to use transition words effectively in presentations and discussions.

How to Use This E-book

This e-book helps you build your English skills through familiar, everyday topics and practical language activities. Each unit provides opportunities to learn new vocabulary and grammar, develop reading skills, and apply what you have learned through meaningful tasks.

What's Inside?

The e-book includes six main units and one Bonus Unit. Units 1–6 follow the same structure to help you become familiar with the learning process and work through each unit step by step.

For units 1-6, each unit consists of the following sections:

Introduction: Get an overview of the unit topic and connect it to your everyday experiences.

Learning Goals: Find out what you are expected to learn and be able to do by the end of the unit.

Warm up: Activate your prior knowledge and get ready to explore the topic.

Vocabulary: Learn and practice useful words and expressions related to the unit topic.

Grammar: Learn key grammar points and practice using them in meaningful contexts.

Reading: Develop your reading skills through texts related to familiar, everyday situations.

Final Mission: Put your knowledge and skills into practice by completing a task that brings together what you have learned throughout the unit.

Self-assessment: Reflect on your learning and check your progress toward the learning goals.

Bonus Unit: Presentation & Discussion Skills

The Bonus Unit focuses on developing practical communication skills for giving presentations and participating in discussions. You will learn useful language, strategies, and techniques for organizing and presenting your ideas clearly, expressing and supporting your opinions, responding to others, and participating actively in discussions. Through guided exercises and practice activities, you will have opportunities to build your confidence and apply these skills in meaningful communication tasks.

How Should You Use This E-book?

Work through each section step by step and actively participate in the activities. Take your time to practice new vocabulary and grammar and try to use the language in your own examples. When you reach the Final Mission, use what you have learned throughout the unit to complete the task.

At the end of each unit, use the self-assessment to reflect on your progress. Think about what you can do well and what you may need to practice more.

**Remember: Learning English is a process. Don't worry about making mistakes.
Use each activity as an opportunity to practice, communicate, and improve!**

Authors
School of Liberal Arts,
Mae Fah Luang University

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Unit

Personality

Introduction

Think of 3-5 adjectives that describe your personality. Write down the adjectives in the space below.

You are going to explore the fascinating topic of **Personality**. Everyone has a unique personality that shapes the way we think, feel, and interact with others. Have you ever wondered what makes someone outgoing, funny, or maybe a little shy?

In this lesson, you will look at vocabulary to describe different personality traits, explore how they influence our relationships, and practice talking about personality in real-life situations using present simple tense. As you work through the coursebook activities, think about your own personality and the traits you see in people around you.

Learning Goals

After this unit, you should be able to

1. Use adjectives to describe people's personalities.
2. Apply skimming and scanning to identify main ideas and specific details from the texts.
3. Use present simple tense correctly to talk about people's personalities.

Warm Up

► Exercise 1

Instructions: Look at the pictures. Choose the word from the Answer Bank that best matches the personality of the person in the picture. Write the word in the space below the picture.

cheerful	stubborn	punctual
confident	kind	curious

1.

2.

3.

4.

5.

6.

Vocabulary

Today, you will explore words that describe personality traits. Understanding these words will help you talk about yourself and others more clearly.

Think about the people around you—some may be friendly and outgoing, while others are quiet and reserved. Some might be hardworking, while others are more relaxed. By learning these words, you'll be able to describe different personalities in conversations, writing, and even job interviews. Let's start by looking at some key personality adjectives and their meanings!

► Exercise 2

Instructions: Complete the sentences using the given adjectives.

optimistic	outgoing	reliable	patient	curious
kind	honest	punctual	confident	careful

1. She is always _____ with her friends, even when it's difficult to tell the truth.
2. My teacher is very _____ with me when I ask her to explain again.
3. Even when things go wrong, he stays _____ and believes everything will get better.
4. Sarah is very _____ and loves meeting new people at parties.
5. You should be _____ when crossing the street, especially if there is no traffic light.
6. David is a _____ friend; you can always count on him to help you when you need it.
7. Emma asked so many questions in history class. She's very _____.
8. Anna's very _____. She helped Jamie when he dropped his books in the hallway.
9. A new student was very _____ when she introduced herself.
10. She is always _____ for school and never arrives late.

► Exercise 3

Instructions: Match the adjectives and the definitions

___ B ___1.	honest	A. having a lot of energy
_____2.	punctual	B. telling the truth
_____3.	considerate	C. waiting without getting annoyed
_____4.	patient	D. not late
_____5.	energetic	E. kind and helpful
_____6.	outgoing	F. eager to know or learn something
_____7.	optimistic	G. hoping or believing that good things will happen in the future
_____8.	careful	H. able to be trusted
_____9.	curious	I. finding it easy and enjoyable to be with others
_____10.	reliable	J. giving a lot of attention to what you are doing so that you do not have an accident, make a mistake, or damage something.

Reading

Our Family's Different Personalities

In every family, the members have their own unique personality traits that make them special. My family is made up of five people, and we all have different qualities that make us who we are. Let me tell you about each of us.

My father, Mark, is very calm and serious. He works hard every day to provide for our family. He is also very reliable, and we can always count on him when we need help. Although he doesn't show his feelings easily, I know he loves us and wants the best for us. Sometimes, he can be a little strict, especially when it comes to our schoolwork, but that's because he wants us to do well.

My mother, Lucy, is the opposite of my father in many ways. She is friendly, cheerful, and always ready to talk. My mother is very caring and loves spending time with the family. She is the one who always makes sure we are happy and comfortable. Her sense of humor makes her a joy to be around, and she always knows how to cheer us up when we are feeling down.

My older brother, Alex, is independent and loves trying new things. He is confident and doesn't mind doing things on his own. Alex enjoys traveling and learning about new cultures. Sometimes, he takes risks that worry our parents, but we all admire his courage and adventurous spirit. He is also very generous and shares his experiences with the family when he comes back from his trips.

My younger sister, Emma, is very shy and sensitive. She likes to spend time reading or drawing and doesn't enjoy big social events. However, Emma is very thoughtful and always notices when someone is upset. She has a kind heart and loves to help others, even if she doesn't always speak much.

As for me, I am somewhere in the middle. I am friendly and talkative like my mother, but I also like to be focused and serious like my father. I enjoy spending time with my family, but I also like my personal space. I think I have a little bit of everyone's personality in me.

We may be different, but our unique personalities help us support each other. I'm proud of my family and the way we get along, despite our differences.