12

What's the matter?

Lesson One Words

1 Listen, point and repeat. 🌑 94















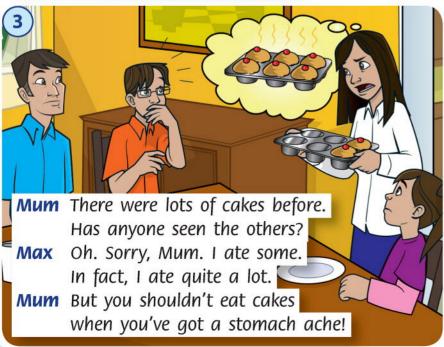




2 Listen and read. 69 95









- Listen to the story again and repeat. Act.
- Read and learn.

Should / shouldn't



You should drink some water.



You shouldn't eat lots of cakes.

Use should and shouldn't to say what is good and not good for you.

should shouldn't Write.

Max is ill. He's got a stomach ache.

- 1 Max should drink water.
- 2 He _____ play outside.
- **3** He ______ stay in bed.
- 4 He _____ eat chocolates.



Speaking Ask and answer.

a stomach ache a sore throat a cold an earache









should / shouldn't

I've got an earache.

You should / shouldn't ...

Lesson Three Grammar 2 and Song

Read and learn.

Sue

Could / couldn't

Max couldn't eat his dinner. But he **could** eat lots of cakes.

Could and couldn't are the past tense of can and can't.

2	Write	. (could	couldn't	can
	Sue	And	d this is m	ne when I was	four.
	Mai	¹ C	ould you	u swim when y	ou were four?
	Sue	No,	I ²	, but I ³	now. And you?
	Mai	Yes	, I ⁴	. I learnt to s	swim when I was two



No, I 6 . But my brother showed me how to send emails last year. Mai

And how many languages ⁷_____ you speak when you were four? Sue

Only one. But now I ⁸ speak two! Mai

Speaking Ask and answer. You can use some of these verbs.

⁵_____ you send emails when you were four?

read ride a bike use a phone write in English count to 100

What could you do when you were five years old? What couldn't you do?

When I was five, I could play all day but I couldn't read.

4 Listen and sing. 69 96

When I was a baby

When I was a baby, I could sleep and dream. I could only drink milk and cry and scream.

When I was a baby, I couldn't talk. I couldn't go to school and I couldn't walk.

But now that I am older, I can go to school. I can read and play. Growing up is cool!



1 Listen, point and repeat. 🌑 97





2 Listen and read. 69 98



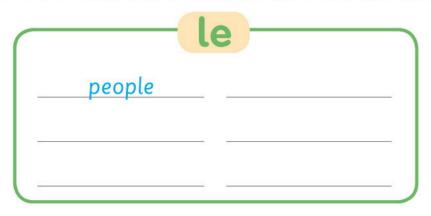
Many years ago, some people lived in castles.

Look at the picture. Can you see a woman wearing a purple dress and sandals?

On the table there is a bowl of apples and a basket full of cereals. There are lots of candles because there weren't any lights many years ago.



- **3** Read again. Circle the words ending in *le* and *al*.
- 4 Now write the circled words in the correct boxes.



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Skills Time!

Lesson Five

Reading

- Look at the text and pictures below. Say three ways to stay healthy.
- 2 Listen and read. 6 99



Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of ...



- 1 a glass of milk
- 2 two sardines
- 3 cabbage
- 4 cheese
- 5 yogurt
- 6 beans
- 3 Underline these words in the text. Guess their meanings and then check them in the Workbook 4 Dictionary (page 132).

cabbage calcium healthy crisps sardine fit energy sugar

- Read again and complete the sentences.
 - 1 Walking and skating are types of <u>exercise</u>. 2 You should eat _____ with your meal.
 - **3** There is a lot of in fizzy drinks.
- 4 has got a lot of calcium.
- 5 Vegetables help you to stay .
 - **6** Calcium keeps your strong.

Listening

Listen and number. 6 100









- Listen again and write T (true) or F (false).
 - 1 Joe feels tired when he gets to school. _____2 Sarah is healthier now. ____
 - 3 Ella doesn't like fizzy drinks.

- **4** Pete never eats sweets.

Speaking

Watch the DVD!

- 3 What do you do to be healthy? Ask and answer.
 - 1 What exercise do you do?
- 2 What healthy food do you eat?

3 What do you drink?

4 How can you be more healthy?

What exercise do you do?

I ride my bike and I go swimming ...

Writing preparation

We can use a **conjunction** to join two sentences. **Because** shows the reason for something.

Milk is good because it contains lots of calcium.

So shows the results of something.

We all want to be healthy, so here are some tips to help.

Use a comma before so.

Complete the writing tasks on pages 90-91 of the Workbook.



Unit 12

- 4 Match the sentence halves.
 - 1 I drink lots of milk
- a because it is good for you.
- **2** There is lots of salt in crisps,
- **b** so you shouldn't eat them every day.
- 3 You should eat lots of fruit
- c so try doing some regularly.
- 4 Doing sport makes you feel strong,
- **d** because I want strong bones.