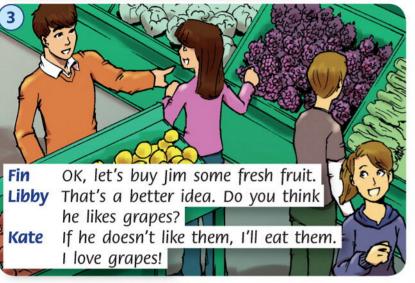
# Let's eat healthily

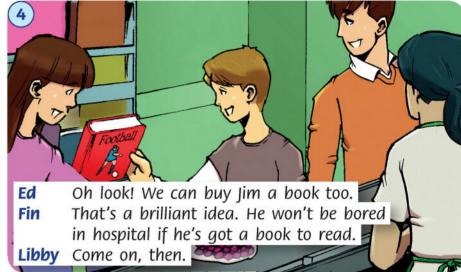
## **Lesson One Story**

1 Listen and read. Where are the children in pictures 2 and 5? 67













- 2 Listen to the story again and repeat. Act.
- 3 Read again and write True or False.
  - 1 The children are going to visit Jim in the supermarket. False
  - The children are going to visit sim in the supermarket
  - 3 Kate loves grapes.
  - 5 The big match is on Sunday.

- 2 Jim doesn't eat health food.
- 4 The children buy Jim a book.
- **6** Jim will play in the big match.

#### 1 Listen and repeat. 68



additives noun things we add to a food to make it taste or look better, or to help it stay fresh dairy products noun foods made from milk, for example cheese and yogurt health food noun food that you eat because it is good for you home-made adj If food is home-made, it is made at home, not bought in a shop. ingredients noun the different foods you cook together to make a dish junk food noun food that you buy that is not good for you ready-made adj If food is ready-made, it is cooked or ready to cook when you buy it sugar noun a very sweet food that is in cakes, chocolate and sweets

#### Write the words.

ingredients junk food ready-made additives dairy products home-made 1 I don't eat junk food because it's bad for me. 2 Supermarkets sell a lot of foods because they're quick and easy to cook. 3 Milk, cheese and yogurt are 4 Mum makes delicious cakes. They're much better than cakes from the bakery. we need to make biscuits? 5 Have we got all the **6** Junk food has a lot of in it to make it look and taste better.

## Working with words Phrasal verbs with get Workbook 5 pages 126-134 get on with get on get off

## 3 Listen and repeat. 🚳 69

#### 4 Read and circle.

- 1 My parents were waiting for me at the station when I got on with /(off) the train.
- 2 We get *up / on* early in the morning to get to school on time.
- 3 I get on with / on my brother and my sister very well.
- 4 I was very excited when I got on / up the plane to fly to London.

#### Lesson Three Grammar 1

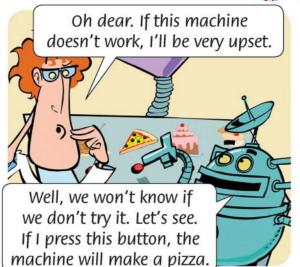
## 1 Listen and read. Does Professor's machine work? 🦠 70













#### 2 Read and learn.

#### First conditional

Use the first conditional to talk about things that might happen in the future.

If I press this button, the machine will make a pizza.

#### Look!

If this machine doesn't work, I'll be very upset.

I'll be very upset if this machine doesn't work.

#### 3 Read and tick.

1	If you don't do your homework,	
	your teacher is angry.	
	your teacher will be angry.	<b>/</b>
3	If the team practise a lot,	
	they win the football match.	
	they'll win the football match.	
5	If Billy has enough money,	
	he buys a new CD.	

2	Mum will be happy if	
	we cook dinner.	
	we'll cook dinner.	
4	We will be late for school if	
	we don't hurry.	
	we won't hurry.	
6	You won't be healthy if	
	you don't eat lots of vegetables.	
	you won't eat lots of vegetables.	

## Speaking Match. Ask and answer.

he'll buy a new CD.

get up early tomorrow morning it's sunny next weekend have lots of homework tonight Mum goes to the supermarket tomorrow Grandma visits on Sunday

What will Emily do tomorrow morning?



make her a cake help her with the shopping make breakfast for Mum and Dad not watch TV go to the beach with friends

If Emily gets up early tomorrow morning, she'll make breakfast for her mum and dad.

## 1 Listen and read. Is junk food good for you? 6 71



## Will I be healthy if I eat junk food?

No, you won't. Junk food has a lot of additives and sugar in it. You can eat some junk food, but you mustn't eat a lot. You need healthy food too.



Will I get ill if I don't eat fruit and vegetables? Yes, you will. Fruit and vegetables are health foods. We need to eat them because they help our bodies to work properly.

#### 2 Read and learn.

#### First conditional questions

Will I get ill if I don't eat fruit and vegetables?

Yes, you will. No, you won't.

#### 3 Match.

	1	Will we be warm enough	C	α	if they find their ball?
	2	Will you walk to school		b	if she doesn't feel well?
	3	Will the boys play football		c	if we wear our jackets?
	4	Will Jenny stay at home tomorrow		d	if we don't tidy our bedrooms?
	5	Will Joe wash the dishes		е	if the bus doesn't come soon?
	6	Will Mum be angry		f	if he makes the dinner?
Complete the sentences. Use the first conditional.					
	1	1 You'll be tired tomorrow <u>if you don't go</u> (you / not go) to bed early.			
	2	(the boys / wear) their new T-shirts tomorrow if it's sunny?			
	3	The cake will burn (I / not turn) off the oven.			
	4	We won't go to the beach tomorrow	·		_ (it / rain).

(come) to the party if you invite him.

**6** Jack

(Lisa / visit) us tomorrow if she has time?

## **Skills Time!**

#### **Lesson Five**

#### Reading

- 1 Look at the poster. Which foods should you eat most of?
- 2 Listen and read. 6 72



## The healthy eating pyramid

Healthy eating is not about being thin, or about giving up the foods you love. It's about feeling great and having more energy. If you choose the right foods, your healthy diet will be a tasty diet too.

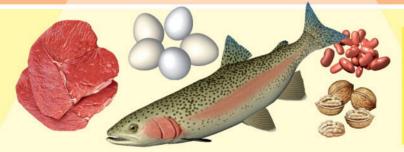


You can still enjoy your favourite sweet and salty foods, but too much sugar and salt is bad for your body. These foods should only be occasional treats.

Dairy products like milk, cheese and yogurt are great because they contain calcium and keep our teeth and bones healthy.

Tip: Choose low-fat dairy products.





Meat, fish, eggs, beans and nuts are important, too. They keep our bodies healthy and they give us energy to work and play. Tip: Avoid salted or sugary nuts.



Fruit and vegetables are the most important part of a healthy diet. They are low in calories and full of vitamins. Eat lots of fruit and vegetables with every meal, and as snacks during the day. Tip: Fruit and vegetables with brighter or darker colours have more vitamins.

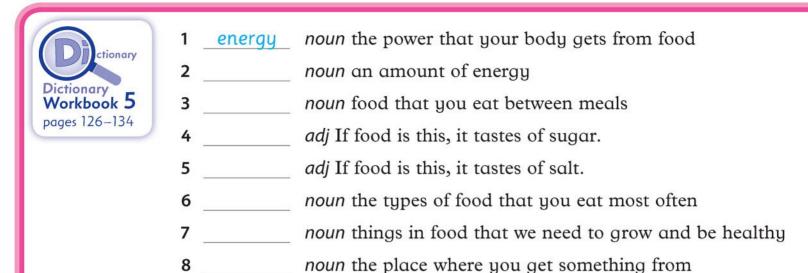
Healthy eating is easy and fun. Just take one step at a time towards a healthier diet!

- 3 Read again and write the answers.
  - 1 Is it important to eat fruit and vegetables?
  - 3 Are whole grains good for your heart?
  - 5 Is cheese good for your bones?
- Yes, it is.
  - 2 Is fruit full of calories?
  - 4 Is meat bad for you?
  - 6 Can you still eat sweets sometimes?

80	Unit 8	Reading:	an information	poster
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#### Words in context

1 Find words in the poster to match the definitions.

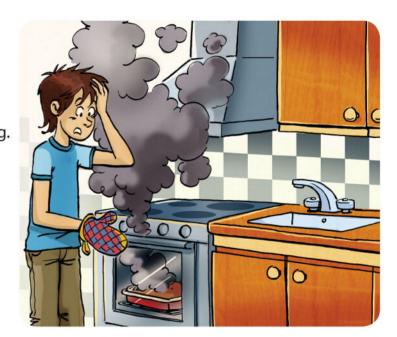


## Listening

- 2 Listen. What is the same about these stories? 6 73
- 3 Listen again and match.

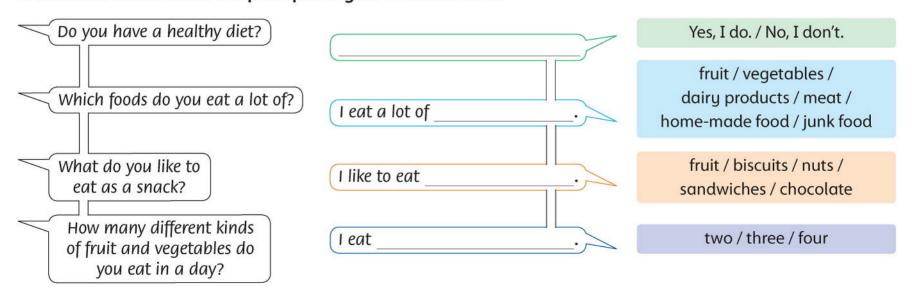
Speaker 3 c This person forgot to buy something.

Speaker 4 d This person forgot to remove something.



## Speaking

4 Ask and answer. Use the prompts or your own answers.



## **Skills Time!**

### **Lesson Seven**

### Writing

1 Look at the text. What is it about?

#### 2 Read.





Monday, 14 April

#### Pizza problems

If you're a terrible cook, you'll love this story! Last month, my mum bought me a recipe book. The recipes looked easy, so I decided to make pizza for dinner one evening.

I bought the ingredients and then I started to make the bread for the pizza. I mixed flour, salt and water in a bowl. I was listening to music on the radio. It was very loud, so I didn't hear my brother come into the kitchen. He shouted my name and scared me. I dropped the bowl. The flour and water went all over the table, the floor and my trousers.

Luckily, my family thought my cooking disaster was very funny. We went to a pizza restaurant for dinner. I haven't cooked again since then! If I cook again, I won't listen to music in the kitchen!

Posted by Tina at 3:33 p.m.

### 3 Read again and answer the questions.

- 1 What did Tina want to make?
- 2 Why didn't Tina hear her brother come into the kitchen?

## A personal account: endings

We can end a personal account by writing:

- how people felt
   Luckily, my family thought my cooking
   disaster was very funny.
- what happened in the end
  We went to a pizza restaurant for dinner.
- the writer's comments about what happened and what they have learnt

I haven't cooked again since then! If I cook again, I won't listen to music in the kitchen!

#### 4 Match.

- **a** If I decide to surprise Mum again, I'll make her a card. It's a lot safer!
- **b** I bought Mum a birthday cake from the bakery and we all enjoyed her birthday party.
- **c** My mum laughed when she heard about my adventures in the kitchen, but I felt very silly.

1	how	peop	le	fel	t
		3.50			



- 2 what happened in the end
- 3 the writer's comments on the story



Complete the writing task on page 72 of Workbook 5.

1 Complete the quiz.



What do the children buy for Jim in the story?

Circle the correct word in this sentence. What time do you usually get on / up in the morning?

Complete the sentence. If you don't wear a jacket, you (be) cold.

Complete the sentence. Mum will be angry if we (not tidy) our bedrooms.

(2)

Complete the sentence. The boys (not play) football if it rains.

10

6

Why do we need to eat dairy products?

8 (noun) the types of food that you eat most often What is the word?

Tick the sentence that describes how the person felt.

- I was very glad that my family enjoyed the meal.
- We had dinner very late that night because I made so many mistakes!

Tick the sentence that describes what the person learnt.

- Now I know the difference between sugar and salt!
- It tasted horrible. I felt so silly!

2 Listen and write. Sing. 6 74



9

eating vegetables sweet Fruit energy If vitamins will

