

Lesson One Story

1 Read the story and write *Ed, Libby, Fin* or *Jim*.

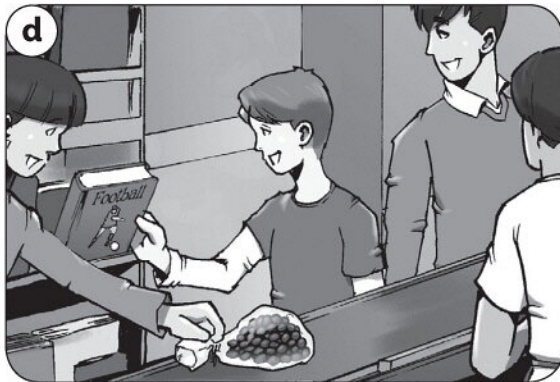
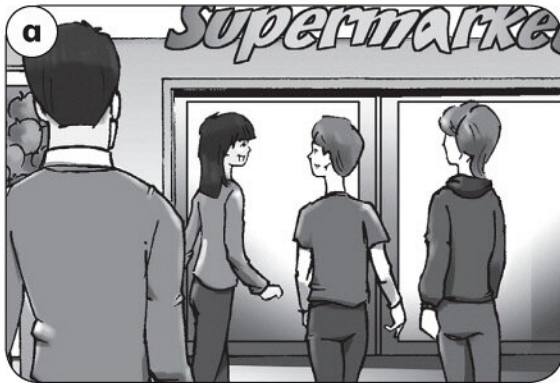
- 1 Libby and Ed are excited about going to the hospital.
- 2 _____ wants to buy some chocolates for _____.
- 3 _____ says that _____ only eats health food.
- 4 _____ wants to buy fresh fruit.
- 5 _____ has the idea to buy a book for _____, too.
- 6 _____ will be better in a couple of weeks.

2 Complete the sentences. Then match them to the pictures.

surprise present visit bored rest fresh

- 1 Fin's idea is to buy some fresh fruit.
- 2 They get him a book so he won't be _____.
- 3 They decide to buy a _____ for Jim.
- 4 Jim has got a _____ for the children.
- 5 Jim has to _____ so his leg can get better.
- 6 The DSD Club are going to _____ Jim in hospital.

C



3 What do you think happens next? Tick (✓) one.

- a His leg is better and he can play in the big match.
- b He can't play in the match. Fin has to play in the match for Jim.
- c He has got tickets for the DSD Club so that they can watch the match with him.
- d He wants to join the DSD Club when his leg gets better.

1 Complete the poster.

additives dairy products health food home-made
ingredients junk food ready-made sugar



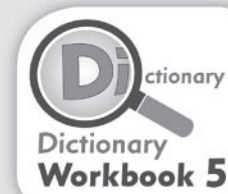
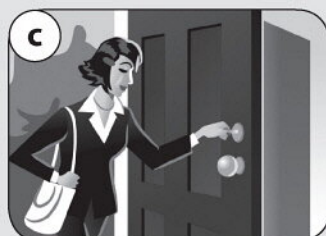
Eat well and stay healthy

Look carefully at supermarket food. Read the ¹ ingredients and make sure there aren't lots of ² in the things you buy. ³ dishes often have lots of salt and ⁴ in them. Try not to eat too much ⁵ . It's OK occasionally, but not every day. Try to include ⁶ in your diet. Natural foods like fresh fruit and vegetables are healthy. We need strong bones and teeth, so eat lots of ⁷ like cheese and yogurt. You can also learn to cook! ⁸ food is fresh and good for you!



More words

2 Match the pictures to the definitions.



Dictionary
pages 126–134

- 1 **get around to** *verb* to find the time to do something after waiting a long time
- 2 **get stuck** *verb* to be trapped in a place or a situation and not able to get out
- 3 **get back** *verb* to return to your house or the place where you started
- 4 **get rid of** *verb* to throw away, give away or sell something

☒ b
☐
☐
☐

3 Choose the correct words to complete the phrasal verbs.

back up rid of around to stuck on with

- 1 I'm tired because I got up very early this morning.
- 2 The film finishes at four o'clock, so we'll get at about five.
- 3 We're going to the recycling centre to get lots of old books and toys.
- 4 James climbed a tree and got . He couldn't climb down.
- 5 My desk is a mess. I never get tidying it up.
- 6 I love going to see my cousins because I get them so well.

Remember!

First conditional sentences contain *if* and *will*.

1 Read and circle.

- 1 If you don't eat / *won't eat* breakfast, you *are* / will be hungry.
- 2 If I *do* / *will do* my homework now, Mum *lets* / *will let* me watch TV.
- 3 We *are* / *will be* late for football practice if we *will wait* / *wait* for Phil.
- 4 If it *will rain* / *rains* on Saturday, the picnic *will be* / *is* a disaster.
- 5 You *won't be* / *aren't* healthy if you *eat* / *will eat* junk food all the time.
- 6 Grandma *is* / *will be* really happy if you *will take* / *take* her some flowers.

2 Complete the sentences. Use the correct form of the verb.

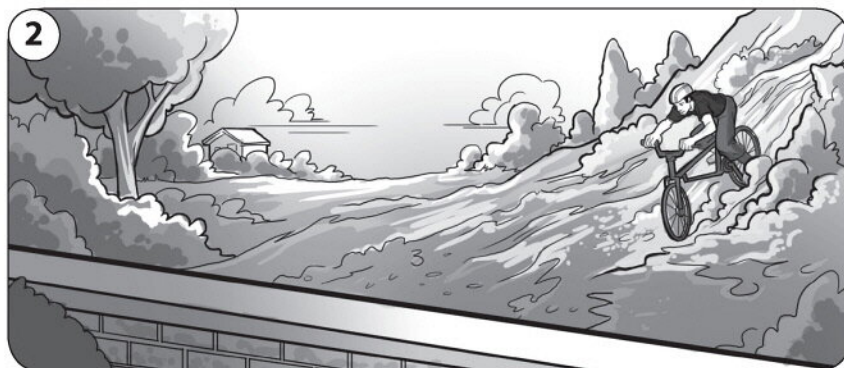
- 1 If Melanie feels better, she will go (go) to school tomorrow.
- 2 Beth and James _____ (join) the art club if their parents say they can.
- 3 If we _____ (help) tidy the garage, Dad will take us to the cinema.
- 4 If it's too cold at the weekend, we _____ (not go) camping.
- 5 Your mum _____ (be) angry if you don't finish your homework.

3 Look and write sentences.



our team / scores one more goal / win the match

If our team scores one more goal, they'll win the match.



he / not slow down / crash

If _____



you / make a noise / not catch / a fish

If _____



you / go on the ride again / feel sick

If _____

1 Read the recipe and answer the questions.

Chocolate cake for eight people

Ingredients:

170g flour

170g butter

170g sugar

3 eggs

1 spoon cocoa powder

Cooking:

180°C

30 minutes in the oven



- 1 Will I have enough cake if I have twelve friends at my house?
- 2 Will the cake be sweet enough if I use 50g of sugar?
- 3 Will the cake burn if I cook it at 220°C?
- 4 Will the cake be ready at lunchtime if I put it in the oven at 10 o'clock?
- 5 Will I have enough eggs to make the cake if I've got four?

No, you won't.

2 Look and write questions.



you / be cold / you / not wear / hats?

Will you be cold if you don't wear hats?



the horse / bite me / I / feed it?



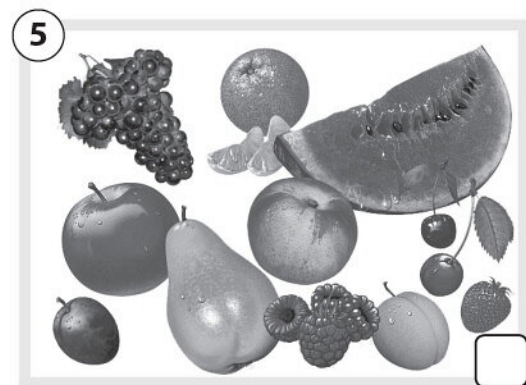
it / make / a milkshake / I / press / this button?



you / buy / a helicopter / you / have got / enough money?

Reading

1 Look at the pictures and tick (✓) the things that are good for you. Read and check.



Be fit! Be clever! Be healthy!

We all know that we need energy for sport. Did you know it's important for school too? You need to have a healthy diet if you want to do well at school. It's important to eat the right food, get enough sleep and drink plenty of water, as well as studying hard.

Avoid junk food and sweet or salty snacks. Your body uses the energy in food in different ways. Food with lots of sugar gives you lots of energy very fast. But when the energy is gone, you can suddenly feel tired. It's better to eat food that gives you energy more slowly, so you can work and play for longer. Fruit, potatoes, bread and cereals are good sources of slow energy, so try to eat lots of these.

Salty food makes you thirsty. If you don't drink enough water, being thirsty can make you feel tired or ill. Drink lots of water to keep your body and brain fresh. Try not to drink too many drinks that are full of sugar.

A healthy diet with lots of fruit and vegetables also gives you lots of vitamins. You need vitamins to keep your body and brain working properly. Raw vegetables and fresh fruit are great brain food, and they taste great, too! Why not put bits of fruit in a salad? It will taste great and look very colourful!

2 Read again and write *True* or *False*.

- 1 You don't need energy to learn. False
- 2 Sleeping is important for health. _____
- 3 It's good to eat sweet and salty snacks. _____
- 4 Our bodies use sugar very slowly. _____
- 5 Drinking lots of water is good for you. _____
- 6 Vitamins help your brain work well. _____

Words in context

1 Write. Use the pictures to help you.



- 1 Write three kinds of snack: sandwich, biscuits, yogurt
- 2 Write three good sources of vitamins: _____
- 3 Write three foods that are sweet: _____
- 4 Write three foods that are salty: _____
- 5 Write three activities you need energy for: _____

More words

2 Match the words from page 70 to the definitions.

plenty brain raw clever

- 1 raw *adj* not cooked
- 2 _____ *pronoun* as much as you need of something
- 3 _____ *adj* good at learning and understanding things
- 4 _____ *noun* the part of your body inside your head that thinks and learns



Dictionary
pages 126–134

3 Read and circle.

- 1 Your *healthy* / diet / *energy* is the food you eat every day.
- 2 I like having a *vitamin* / *calories* / *snack* when I get home from school.
- 3 We don't have *salty* / *sweet* / *food* drinks like cola at home.
- 4 I like healthy snacks like *raw* / *clever* / *energy* vegetables and fruit.
- 5 Fresh fruit and vegetables have *clever* / *plenty* / *source* of vitamins in them.
- 6 You use your *diet* / *body* / *brain* to learn.

1 Look at the pictures. Choose a title for the personal account.

a) Milkshake recipe ☐

b) Milkshake mistake ☐

c) How to make a milkshake ☐



2 Write notes for the ending of the story.

1 How did the boy feel?

2 What do you think his mum said?

3 What happened in the end?

4 What did he learn?



My writing

3 Write a personal account about a cooking disaster. Use the milkshake story or your own idea.

1 Complete the text.

heart home-made ingredients source additives ready-made fresh vitamins

Last week, I cooked dinner for my family. I went to the supermarket and bought all the ¹ ingredients. You can buy ² _____ meals at the supermarket, but they sometimes have a lot of sugar and ³ _____ in them. I wanted to cook a healthy dish, so I bought lots of ⁴ _____ vegetables. Vegetables have lots of ⁵ _____, so they are very good for you. I got some brown rice too, because that's a good ⁶ _____ of whole grains, which are good for your ⁷ _____. I wanted it to be a special dinner, so we had a ⁸ _____ cake too. Mum and Dad said my cake was delicious!



2 Complete the sentences.

- 1 Jerry will win the game if he scores (score) one more point.
- 2 If you don't eat healthy food, you _____ (not feel) good.
- 3 If Frances cooks dinner, the boys _____ (tidy up).
- 4 The boys will play football if it _____ (not rain).
- 5 If Sally _____ (not come) to my party, I will feel sad.
- 6 Our grandparents will be pleased if we _____ (visit) them on Sunday.

3 Write questions to complete the conversation.



Dave I wanted to make a cake for Dad's birthday, but it's a disaster!

Jake ¹you / have time / to make another cake / you / hurry?

Will you have time to make another cake if you hurry?

Dave No, I won't. He'll be home in 20 minutes.

Jake ²your dad / be disappointed / you can't / make a new cake?

Dave No, he won't. I think Dad will understand.

Jake ³he / think it's funny / you / tell him / what happened?

Dave Yes. I think he'll laugh.