

## Workbook



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# Good Food! 

Lesson 1 | Vocabulary
1 Look and complete the words.

1 peel

4 b $\qquad$

2 c

5 s


6 t

$\qquad$

2 Look and complete the crossword.


## 1 Unscramble the sentences.

1 make / want/We/to/a banana cake We want to make a banana cake.

2 Emma/to/peel/needs/the bananas

3 doesn't / to / weigh / need / She / the bananas

4 Adam and Liam / clean up / to / want / don't / the kitchen

5 want/They / eat/to / the banana cake

2 Look at the board and complete the sentences.

| A pizza: roll out pizza $\checkmark$ boil water $X$ chop tomatoes $\checkmark$ | Toby |
| :--- | :--- |
| A chocolate cake: chop fruit $X$ weigh ingredients $\checkmark$ | Emma |
| Fruit salad: peel fruit $\checkmark$ fry fruit $X$ chop fruit $\checkmark$ | Adam and Mia |
| Vegetable soup: peel vegetables $\checkmark$ chop vegetables $\checkmark$ | Liam |

1 Toby wants to make a pizza. He needs to roll out the pizza and chop the tomatoes. He doesn't need to boil water.
2 $\qquad$ a chocolate cake. $\qquad$ weigh the ingredients. chop fruit.
3 $\qquad$ a fruit salad. $\qquad$ fry the fruit.
_peel and chop the fruit.
4 Liam $\qquad$ chicken soup. $\qquad$ vegetable soup. peel and chop some vegetables.

3 What are two things you want to do and two things you need to do? Write.
$\square$

1 (411) 1.01 Listen. Circle the letters you hear. Write the words.


1 six


2

3


3 _-
$x I o$
$b$
$b$

4

2 Unscramble, classify, and write.

sckdu

xfo

cksor

xmi

ckssna

3 (41) 1.02 Complete the words. Then listen and say the tongue twister.
$1 \mathrm{Si} \times \underline{2} \mathrm{chi}$ $\qquad$ ,
Two 3 du $\qquad$
Here comes a big 4 fo $\qquad$ !
Quick, chicks, Quick, ducks, Hide in the apple 5 bo $\qquad$ !


## Spelling Bee Challenge

- Close your books.
- Ask a friend to test you.

How many words ending in $x$ and cks can you spell?

> Spell "mix."
$\square$

## A Change of Plan

1 Think about the story. Then complete Emma's plan.
What food? 1 __ apple tarts
How many people? 2 $\qquad$ soccer players +3
other people
How many apple tarts? 4
How many boxes of apples? 5
The soccer team is going to arrive at 6

2 Exam Practice Read, choose, and write.
was rock sorry great apples cafer boxes picked two helped

## My Club Page

Yesterday, we helped at the café . Toby wanted to make apple tarts. He needed

1 so we went to my grandparents' farm in the van. Everybody helped and we 2 a lot of apples. We put six boxes of apples on Grandpa's truck. Then we drove back to the café. I went in the truck with Grandpa. Suddenly, the truck went over a big rock in the road, and the apples fell off! We all 3 $\qquad$ pick up the apples, then we went to the café. Grandpa was very 4 because the apples weren't good for apple tarts, but Emma had a 5 $\qquad$ idea. She said, "Let's make apple juice!" Then the soccer team came to the cafe. They loved the apple juice!

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3 Read, circle, and write.
I think the story is
I like / don't like the part when

1 Look at Liam's breakfast. What does he eat? Circle the words.


2 Unscramble and match.
1 elylj
$\qquad$


4 oatst


5 tuns

6 sisnrai


3 Write about your breakfast.
For breakfast, I usually eat $\qquad$ but I never eat
$\square$

## 1 Read and circle.

Mom: How 1 much/many milk would you like?
Bea: A 2 lot / few, please. I love milk on my cereal.
Dad: How 3 much / many nuts would you like?
Bea: Not 4 many / much. I don't really like nuts.
Mom: But nuts are good for you. How many raisins would you like?
Bea: Just a 5 little / few, please.
Dad: Would you like some juice?
Bea: OK. Just a 6 lot / little, please. I'm not very thirsty.


2 Complete the questions. Then follow the lines and write the answers.


3 Ask your friend how much of a food they would like. Write the question and answer.
$\square$

1 Read the article on Student's Book page 18. Label the photos.
bento falafel paella pho


2 Look at the dishes from the article again. Which do you want to try? Why?

3 Scan the article to answer the questions. Circle the correct information.

1 What does protein help your body do?
2 What is paella cooked with?
3 Where is pho a national dish?
4 How is falafel served?
5 What is a bento box?
build muscle / fight colds
noodles / rice
Vietnam / Japan
round / flat
a candy box / a lunch box
$\square$

1 (411) 1.03 Exam Practice Listen and check $(\checkmark)$ the box.
Example What is the family eating for dinner?

b


c



2 What does the family drink with their meal?
a

$\square$
b

$\square$

3 Where is Carla going to go this afternoon?


2 Read and match.

1 Would you like some more pizza?
2 Can you pass the salt, please?
3 Can I have some more ice cream, please?
4 Would you like some more cheese?
a Yes, of course.
b Yes, here you are.
c No, thank you. I'm full.
d Yes, please.

3 (411) 1.04 Complete the dialogue. Then listen and check.
Max: Can I have some more chicken, please?
Dad: Yes, 1 of course.
Carla: Can you pass the fries, please?
Dad: Yes, 2 $\qquad$ Do you want some more fries too, Max?
Max: No, 3 $\qquad$ I've 4 $\qquad$ .
Dad: Would you like some more chicken, Carla?
Carla: Yes, 5 $\qquad$ It's really good.

$\square$

## 1 Plan Think of a meal you like. Write notes for your recipe.

What's your recipe for?
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Circle the actions you need to do for your recipe.

| wash | fry | boil | chop |
| :--- | :--- | :--- | :--- |
| stir | mix | peel | weigh |
| pour | add | roll out | taste |

What ingredients do you need?
Some: $\qquad$
A little:
A lot of: $\qquad$
A few:

How much time does your recipe take?

## 2 Write Write a recipe.

```
My recipe for
Preparation time:
Ingredients:
```

1. First,
2. Next,
3. Then

## 3 Check Read and check $(\checkmark)$ your work with a friend.

I made a list of ingredients and quantities.
I wrote how long the recipe takes to make.
I wrote instructions and used numbers and words to show the order.
I said what actions you need to do at each stage.

$\square$

