

2

Healthy Food



Look at the picture.
Find five similarities with
your town.



1 mangoes

2 potatoes

4 carrots

5 tomatoes

7 avocados

1  Ask and answer.


Where are the children?
What food do you see?

2  Listen, point, and say.

3  Listen, point, and chant.

There are p_____ and
t_____,
M_____ and p_____,
C_____, c_____,
And a_____, too!

I like peaches and tomatoes,
Mangoes and potatoes,
Cucumbers, carrots!
What about you?

4  Listen again. Wave your hands when you hear your favorite food.





Listen, read, and say.

Kevin: Oh, no! There aren't any apples!

Julie: That's OK. Are there any avocados?

Kevin: Yes, there are. There are some avocados right here!

Julie: How many are there?

Kevin: There are hundreds! Oh, poor Sid!

Grammar



There **are some** avocados.

There **aren't any** apples.

Are there any apples?

Yes, there are. / **No, there aren't.**



Listen, look, and check (✓).



Yes, there are. **No, there aren't.**

1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>



Listen to the conversation again and act it out.

Are there any watermelons?



No, there aren't.

4  Watch the video again. Complete.



1 There _____ apples.



2 _____ there _____ avocados?



3 _____ there _____.



4 There _____ avocados.

5 Look and answer.

1 Are there any tomatoes?

2 Are there any peaches?

3 Are there any cucumbers?

4 Are there any carrots?



6  **Speaking** Sharebook Pages 13 and 14

1 Look and answer. What do the children make?

2 Read and listen. Then act.

Eating the right food keeps you healthy.

1 The children are at the market.



2 Everyone is hungry.



3 The children make a salad.



4 Clara doesn't eat the salad.



5 Kevin and Matt make fruit juice.



6 Clara drinks the juice.



7 Surprise! Clara likes the juice!



3 Watch and circle.

1 a Julie's house.

b Kevin's house.

3 a They make cookies.

b They make salad.

2 a Clara does.

b Kevin does.

4 a Mangos and peaches.

b Apples and bananas.

4 Look and check (✓). Which food is healthy?



1
25



Listen, point, and say. Then turn and play.



pasta



popcorn



tea



coffee



soda



beef



chicken



lemonade

2
26



Listen and write the words. Then sing.

Oh, I'm Hungry!

There's some _____,
There's some popcorn.
There's some _____.
And there's some beef!
Oh! I'm hungry.
How about you?



There's some _____,
There's some coffee.
There's some _____.
And there's some _____.
Oh! I'm thirsty.
How about you?

3 Say clues and guess.

I eat it for dinner.
I like it with potatoes.



Beef!



1
27
 Listen, read, and say.

Clara: I want a snack.
What do we have?

Mom: There's some soda.

Clara: Great! Is there any popcorn?

Mom: No, there isn't.

Clara: Oh, no! Not again!



Grammar



There's **some** soda.

Is there **any** coffee?

There **isn't any** popcorn.

Yes, there is. / **No, there isn't.**

2
28
 Listen and check (✓).

	1 chicken	2 beef	3 coffee	4 tea	5 pasta
Yes, there is.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No, there isn't.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3 Complete the sentences using *some* or *any*.

1 There isn't _____ popcorn

2 There's _____ pasta.

3 Is there _____ lemonade? No, there _____.

4 Do you have _____ bread? Yes, there

4



Speaking

Sharebook Page 15





1  Look at the pictures. Tell a partner what you see.

2  Listen and read. Where do we get essential nutrients? Why do we need them?

Six Essential Nutrients




What makes food healthy? Healthy food has a lot of **essential nutrients**. They give our bodies energy to help us run, walk, and think! They also protect against illness.

Water is an essential nutrient. We need water to stay **hydrated**. When you play sports and use energy, you may be thirsty. Drinking water will help you give you energy again.

Protein builds our bodies and brains! We get protein from meat, cheese, and beans. Our bodies also need some **fat** to give us energy. Avocados and cheese are two types of food that have fat.



Fruit, some vegetables, pasta, and bread are **carbohydrates**. Carbohydrates become **glucose** when we eat them. Glucose is essential for our brains. Our bodies also need **vitamins** and **minerals**. They help make us strong and healthy. Fruit has Vitamin C to stop a cold and broccoli has calcium for strong bones! Want to be healthy? Choose food with essential nutrients!

3  Think, answer, and share. Do you eat food with all the nutrients every day?

1  **Read the text again. Then discuss.**

- 1 What are the six essential nutrients?
- 2 Give an example of a food for each nutrient.

2  **Project. Make an eating plan.**

Work in a group and create a healthy eating plan.

- 1 Draw four circles on your poster.
- 2 Label them breakfast, lunch, dinner, and snacks.
- 3 Draw food in each circle. Or, cut pictures out and paste them on the poster.



3  **Make a video to present your plan to the class.**

We need to drink water and not soda, because our body needs water.



Now share it!

Help your family make a healthy eating plan. Share it with the world!



1 Look at the pictures. Then write the missing letters.



___ _ _ool



___ _ake



___ _ide



___ _ _are



___ _ider



___ _ooter



___ _ateboard



___ _are

2 Listen and repeat.

1 skateboard

2 share

3 scooter

4 slide

5 school

6 square

7 spider

8 snake

3 Listen and repeat the sentences.

1 The  rides a  to .

2 The  goes down the  on its .



1 Play Up, Down, All Around! Follow the instructions.

- 1 Get one marker per person.
- 2 Roll the dice and move the marker.
- 3 Look, read, and answer.
- 4 Move up if you land on a snake.
- 5 Slide down if you land on a ladder.



16 HOME
Make a sentence.

15 Ask a question
Is there any...?

14 Name 3 vegetables.

13 Spell it!

9 Name 2 words that start with *sl* or *sc*.

10 Spell it!

11 Ask a question
Are there any...?

12 Make a sentence.

8 Ask a question
Do you like...?

7 Spell it!

6 Spell it!

5 Ask a question
Is there any...?

1 Name 3 sources of protein.

2 Spell it!

3 Make a sentence.

4 Name 3 essential nutrients.

2 **Me** Complete about yourself.

- 1 The activity I like _____
- 2 The most difficult activity is _____

SOME/ANY

SOME ✓	There's some milk.	There are some apples.
ANY ✗	There isn't any milk.	There aren't any apples.
ANY ?	Is there any milk?	Are there any apples?

1 Look at the picture. Circle True or False.

- There are some carrots. **True / False**
- There aren't any potatoes. **True / False**
- There is some soda. **True / False**
- There isn't any cheese. **True / False**



2 Look at the picture. Circle the correct word.

- There isn't **some** / **any** rice.
- There are **some** / **any** peaches.
- Are there **some** / **any** tomatoes?
- There aren't **some** / **any** cucumbers.



3 Circle the odd one out.

- mangoes potatoes tomatoes carrots
- peaches beef mangoes bananas
- pasta tea coffee lemonade
- soda avocados popcorn chicken



4 Write the questions and short answers about food.

- _____
- _____
- _____
- _____

More review with... **Kahoot!**

Movers A1 Reading and Writing

- 1 Read the story. Choose a word from the box. Write the correct word next to numbers 1-5. There is one example.

Jim is helping with the food for his dad's birthday party. "Dad likes meat. Is there any ¹.....*chicken*.....?" asks Jim. "No, there isn't," says Grandma. "Oh, no!" says Jim. "Is there any pasta?" "Yes, there is," she says. "And there's some popcorn and cake, too." "Great!" says Jim.

"Dad likes fruit. Are there any ².....? asks his sister Zoe. "No, there aren't," says Grandpa. "There are some ³..... and cucumbers." "Good! He likes vegetables, too," says Zoe.

"The food is ready. Now let's clean up," says Grandma. "Whose keys are these? Are they yours, Jim?" asks Grandma. "No, they're ⁴..... says Zoe. "OK. Here you are. And this e-reader? Is it ⁵..... Jim?" Grandma asks. "Yes, it is," says Jim. "I can put it away."

Their dad is at the door. "He's here!" says Grandpa. "Let's sing Happy Birthday."



pasta



chicken



carrots



peaches



mangoes



mine



ours




yours

- 2 Now choose the best name for the story. Tick one box.

A Birthday Party for Dad

Saturday at Home



1  **Discuss. What did you eat for lunch yesterday at school?**

2  **Read and listen to the magazine article. Which lunches would you like to eat?**



What's for Lunch?

USA

Students eat lunch at school from 12:00 to 12:30. Schools usually have a cafeteria that students can choose food from, but a lot of students bring a small lunch from home. Peanut butter and jelly sandwiches, a bag of chips, and fruit are popular. They also have a juice box or water.



Japan

In Japan, students also eat at schools, but they eat their big lunch in their classroom! They take their trays of rice, soup, salad, meat or fish, and a bottle of milk to their desks. Students eat from 12:30 to 1:10.

Colombia

A lot of Colombian students finish school at 12:30 and eat at home. Others bring lunch from home and eat at school. They eat meat, rice, beans, potatoes, and vegetables. Lunch is the big meal of the day.



Spain

Many students go to school from 9 to 2. Eating together as a family is important. Adults and children eat lunch at home every day. Lunch is a big meal at 2 or 3 pm. A typical lunch is paella. Paella is rice with meat, vegetables, and fish.



India

Many students in India eat a big lunch at school. They do not bring it from home. The cafeteria food is delicious, so there are long lines. There is rice, flatbread, and vegetable or meat stews. They usually eat lunch from 12:30 to 1:20.

Glossary

flatbread: a type of thin, flat bread.

tray: an object used for carrying food.

3  Complete the chart. Put each country name in two categories.

At school	At home	Big lunch	Small lunch



What is the same and what is different about your school lunch?

