

Learning Well

Student's Book

3



with **Digital Student's Book**



1  **2.01 Listen and look.**

- 1 What do you hear?
- 2 What do you see?
- 3 What's happening?
- 4 What makes you say that?

2  **Talk about you.**

- 1 What food is good for lunch?
- 2 What do you think about picnics?

1 Find three things in the picture that you know.



1 Listen, point, and say.

2 Listen, move, and sing.

Pasta and Pancakes

We'd like pasta, please.	<i>Pasta for me, pasta for you.</i>	We'd like pancakes, please,
We'd like it with cheese	<i>But I really want pancakes.</i>	But not with cheese.
And mushrooms, please.	<i>Yes! Me, too!</i>	With strawberries, please.
And some tomato sauce.		And some chocolate,
Oh, yes! Of course!		Nice and hot.
Lots and lots of sauce!		Lots of hot chocolate! Chorus

3 **Team Time** Cover the picture and song. Work in groups. Say a food for each of these colors: brown, white, green, red, and yellow.

1 Listen and look. Who goes to find food?

Liam: Our new picnic area is great. Let's eat!
Rick: What's in the food truck, Mia?
Mia: OK ... There's some pasta. There aren't any mushrooms, but there's some tomato sauce. There are some pancakes, too. There isn't any chocolate, but there are some strawberries.
Rick: Sorry, can you repeat that, please?
Mia: There isn't any pasta, but there are some mushrooms. No, wait ... There's some pasta, but ... Oh, I can't remember it all now!



2 Listen, read, and repeat. Then circle some and any in Activity 1.

some and any

There's **some** pasta. There isn't **any** chocolate.
 There are **some** strawberries. There aren't **any** mushrooms.



3 Listen. Then write sentences about what's on Antonio's pizza.



- 1 There's _____.
- 2 There isn't _____.
- 3 There aren't any _____.
- 4 _____.

4 **Talk Partners** Look at Rick's lunch. Say what there is.

There's some salad.
 There aren't any pancakes.



Grammar Booster
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Before You Read

- 1 Look at the pictures. What's your favorite sandwich?
- 2 2.07 Listen and repeat. Then circle the words in the story.
juice nice sandwich salad
- 3 2.08 Listen and read. Who takes Mia's sandwich?

The Wrong Sandwich!

1 Mia is making a sandwich for the sandwich competition at the club.

Look! This is my sunshine sandwich, Mom. It has some cheese, some salad, and some banana in it!

2 Mia puts her sandwich in a pink lunch box.

Let's get ready, Mia.

Yes, we can't be late because I want to win.

3 Mia's mom can't go to the sandwich competition.

I'm going to work now. Have a nice time!

Thanks!

Oh, yes. My lunch box and my juice.

4 Mia and her dad go to the competition. There are a lot of people with fun sandwiches.

Oh, no! There are some tuna sandwiches in this box! Where's my sunshine sandwich?

Oh, no! I think you have Mom's lunch!

5 Dad calls Mom, but she takes a long time to answer.

It's OK, Mia! Hi, um, we have a little problem.

6 Mom arrives with the sandwich.

Thanks! The competition is closing in one minute.

Quick, Dad! Let's run!

7 Mia and Dad run to the picnic area, but they are too late. Mia is sad and angry.

Oh, Mia. Now think for a minute. Remember the sandwich competition is for fun.

8 Mia sits down for a minute and breathes in and out.

1 ... 2 ... 3 ... 4 ... 5 ...

I'm feeling better now, Dad. Thanks for helping me.

Of course!

After You Read

- 4 Watch the video. Act out the story.
- 5 Find the words in the story. Complete. Use a -c or s- word.
 - 1 This is my sunshine _____.
 - 2 It has some cheese, some _____, and some banana in it!
 - 3 Have a _____ time!
 - 4 Oh, yes. My lunch box and my _____.



1 Read the story again. What is in Mia's sandwich? Check (✓).

- | | | | | | |
|--------------|--------------------------|--------|--------------------------|------------|--------------------------|
| tomato sauce | <input type="checkbox"/> | banana | <input type="checkbox"/> | sandwiches | <input type="checkbox"/> |
| tuna | <input type="checkbox"/> | salad | <input type="checkbox"/> | cheese | <input type="checkbox"/> |

2 Match the sentences to the character.

1 "Now think for a minute. Remember the sandwich competition is for fun."

2 We can't be late because I want to win.

3 Hi, um, we have a little problem.

4 I'm feeling better now.

5 Oh, no! There are some tuna sandwiches in this box!

3 How do Mia's feelings change in the story? Draw and write.

- | | | |
|---|--|--|
| 1 Mia is making a sandwich for the competition. | 2 Mia and Dad run to the picnic area, but they are too late. | 3 Mia sits down and breathes in and out. |
| _____ | _____ | _____ |

4 What does Mia do to make herself feel better? Check (✓).

- | | | | | | |
|------------------------|--------------------------|----------------|--------------------------|---------------------------|--------------------------|
| Mia says she is angry. | <input type="checkbox"/> | Mia sits down. | <input type="checkbox"/> | Mia makes a fun sandwich. | <input type="checkbox"/> |
| Mia counts to five. | <input type="checkbox"/> | Mia cries. | <input type="checkbox"/> | Mia breathes in and out. | <input type="checkbox"/> |

5 Read and think. What makes you feel angry and sad? Write.

- broke my favorite toy fought with my friend made a mistake



- | | |
|--------------------------|-------------------------|
| 1 I get angry when _____ | 2 I feel sad when _____ |
| _____ | _____ |

6 What can you do to manage your feelings?

- | | |
|------------------------------|-------|
| 1 If I am angry, I can _____ | _____ |
| _____ | _____ |
| 2 If I am sad, I can _____ | _____ |
| _____ | _____ |

7 **Talk Partners** Role-play. Show how someone manages their anger.

I'm angry at my brother. He took my book.

Let's sit for a minute to calm down.



1 2.09 Listen and say. 2.10 Then listen and number.



fruit



vegetables



cookies



chicken



chips



ice cream

2 Look at Activity 1. Then write for you.

- 1 I love _____.
- 2 I really like _____.
- 3 I like _____.
- 4 I don't like _____.

3 **Talk Partners** Look at the pictures. Ask and answer.

Do you like fruit?

Yes, I do. I like strawberries.
What fruit do you like?

1 2.11 Watch and listen. Move and sing.



What's in the Shopping Bag?

What's in the shopping bag?
Let me see.
Is there any really nice food for me?



- | | |
|-------------------------|---------------------------|
| Is there any ice cream? | Are there any cookies? |
| Is there any fruit? | Are there any chips? |
| Is there any chicken? | Are there any vegetables? |
| Yes, there is. | No, there aren't. |

Chorus

2 2.12 Listen, read, and repeat.
Then underline *any* in Activity 1.

Is / Are there any ...?

Is there **any** ice cream? Yes, there is.

Are there **any** cookies? No, there aren't.

3 Look in the store. Complete the questions and answers.



- 1 Is there _____ rice?
Yes, _____ is.
- 2 _____ there any cheese?
No, _____ isn't.
- 3 _____ there any bananas?

4 **Talk Partners** Draw your own grocery store. Ask and answer about what's in your store.

Is there any ice cream? No, there isn't.



- 1 Look at the article. What kind of food do you see?
- 2 2.13 Listen and read. How can sandwiches be part of a healthy diet?



SANDWICH TIME!



A healthy **diet** is important for your body. It's good to have a mix of foods, such as fruits, vegetables, dairy (like milk), meat, beans, and **grain** foods (like bread). Sandwiches can give you a good mix of foods and they're delicious, too! Let's take a look!

You can try the *aloo* sandwich. It has potato, onion, tomato, and a tasty sauce. People sell this as a street food in India.



What about a **bagel** sandwich? The first bagels were from Poland. Bagel bread is a little special. To make the bagel bread, you first have to boil the **dough** in water. Then you can bake it. Bagels have a hole in the middle, like donuts. They're great with **cream cheese**!



What if you are very hungry? Then a **submarine** sandwich, or "sub," is the one for you. You can find these sandwiches in the United States. People call it a submarine because it has a long shape like a submarine. These sandwiches have a lot of different ingredients. This one has vegetables and some cheese.



But sometimes a simple grilled cheese sandwich is the best. This is a popular snack all over the world.



Are you hungry yet?

- 3 Read the text again. Complete the sentences.

hole different world diet

- 1 Growing bodies need a healthy _____.
- 2 It's important to have a mix of _____ foods in your diet.
- 3 Bagels have a _____ in the middle.
- 4 People eat grilled cheese sandwiches all over the _____.



Scanning

When we want to find specific information, we **scan** a text. This means to read quickly and look for key words.



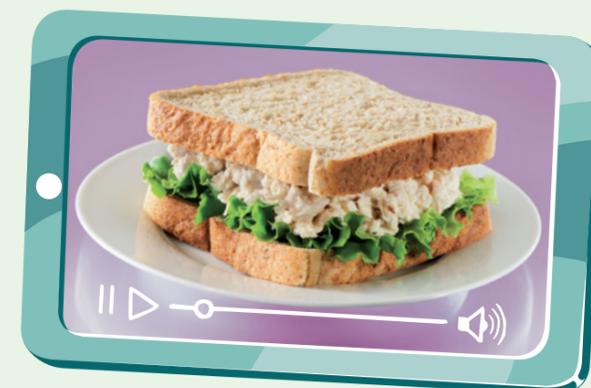
Why do people around the world need a healthy diet?

- 4 2.14 Listen to Michael from the United States talk about the Zero Hunger goal. Then write **True** or **False**.

- 1 Having a healthy diet isn't important. _____
- 2 Many people do not get enough to eat. _____
- 3 The United Nations has a goal to end world hunger. _____
- 4 The Zero Hunger plan wants to help people learn how to shop for food. _____

- 5 Watch the video. Answer the questions with a friend.

- 1 Why is she making a sandwich?
- 2 Where is she now?
- 3 What's in her favorite sandwich?
- 4 What's in your favorite sandwich?



- 6 What is your favorite sandwich from where you live? Write. _____

Does everyone get enough to eat?

1 2.15 Listen. What are the girl and boy doing?

2 2.15 Listen again and answer.

- 1 What does the boy ask for? _____
- 2 What does the girl ask for? _____



3 2.16 Watch or listen and say. Then practice in pairs.

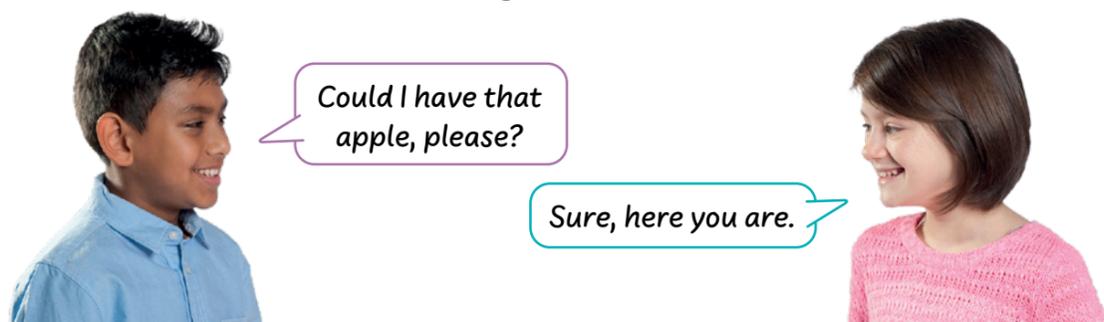
- A: Hello, what would you like?
 B: **Could I have** chicken and fries, please?
 A: Sure, here you are. Would you like some ketchup?
 B: Yes, please.
 A: What would you like to drink?
 B: **I'd like** orange juice, please.
 A: Here you are.
 B: Thank you very much.



Offering and Asking for Food

What would you like? I'd like ... Could I have ..., please? Sure, here you are.

4 **Talk Partners** Make new dialogues.



1 2.17 Listen and read. Do you like Camila's lunch?

2 Read the social media post again and answer.

- 1 Who does Camila have lunch with on Sundays? _____
- 2 What time do they eat? _____
- 3 What does the family eat first? _____
- 4 What does the family eat with their fish? _____
- 5 What's Camila's favorite food? _____

Using First, Next, and Finally to Put Activities in Order

When we talk about lots of things we do, we need to make the order clear.
First, we have some bread. **Next**, we have some pasta.
Finally, we have pineapple or watermelon.

3 Look at the social media post again. Put the sentences in order.

- a Finally, we have fruit or ice cream.
- b First, there's a big salad
- c Next, we have fish or chicken.

4 Plan and write a social media post of your favorite lunch in your Workbook.



Have a farmer's market! Help people eat healthy where you live.



1

Plan

Research about food that grows in your country.

What fruits and vegetables grow in your area? _____

What food comes from your area? _____

How can people use these foods to make healthy dishes? _____

2

Prepare

Give your farmer's market a name.
Draw a map of how it will look and what food to sell.

Draw and write.

Think about how you will design your farmer's market.

What does it look like?

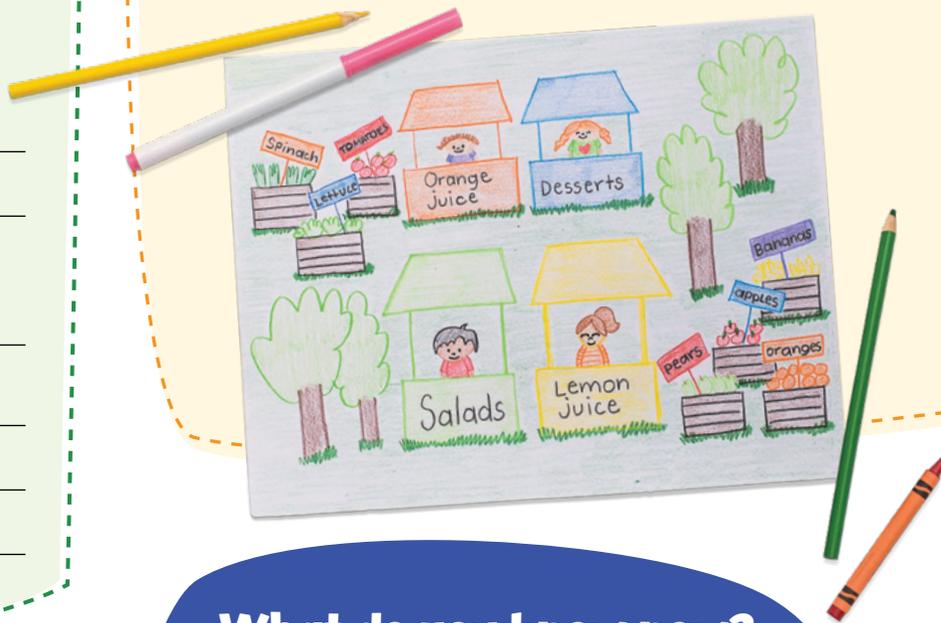
What food can you sell?

3

Show and Tell

Role-play selling food at your market.
Offer and ask for food.

Invite your classmates to come to your market. Give them the map. Practice offering and asking for food.



What do you know now?

✓ Review Unit 2 in your Workbook.