



# UNIT 6 AN APPLE A DAY

## IN THIS UNIT YOU:

- learn language to talk about: food, meals, and healthy lifestyles; colors; and daily activities
- listen to an interview about daily activities: listening for specific information
- learn to use correct word order: understanding the mechanics
- read an article about healthy food
- talk about food around the world
- watch a video about food and meals around the world

**A** Look at the restaurant menu below, and write the times of the day people eat these meals in your country.

**B**  **49** Look at the food in the menu, and listen to the waitress. Circle the things the restaurant has today.

**C**  Work in pairs. What are popular foods and drinks in your country for the meals on this page?

*In my country, people have ... for breakfast.*

### BREAKFAST

(served from \_\_\_\_\_  
to \_\_\_\_\_)



### DRINKS



### LUNCH

(served from \_\_\_\_\_  
to \_\_\_\_\_)



### DINNER

(served from \_\_\_\_\_  
to \_\_\_\_\_)



STUDY  
SKILLS  
WRITING

Learn ways to study and practice writing

# 1 GRAMMAR: simple present — information questions

**A** **50 LANGUAGE IN CONTEXT** Listen to the interview below. **Circle** the foods in the box that Janet and her family have for breakfast.

cereal coffee eggs juice milk tea toast

**Interviewer:** Excuse me. Do you have a minute, ma'am?  
Can I ask you some questions?

**Janet:** Sure.

**Interviewer:** Great. Do you have breakfast with your family?

**Janet:** Yes, I do. I have breakfast with my children at 7:30 a.m.

**Interviewer:** **When** does your husband have breakfast?

**Janet:** Oh, he has breakfast at 6:00 a.m.

**Interviewer:** **Why** does he have breakfast so early?

**Janet:** Because he starts work at 7:00 a.m.

**Interviewer:** Oh, OK. And **what** do you have for breakfast?

**Janet:** Well, the children have cereal with milk. I have toast and coffee. And my husband has eggs or toast.

**Interviewer:** That's great. Thank you very much.



## NOTICE!

Look at the words in **bold**. What kind of words are they?

- a) verbs
- b) nouns
- c) question words

**B ANALYZE** Read the interview in Exercise A again.

**Function** **Circle** the correct option to complete the sentences.

When asks about *a place / a time*.

What asks about *a thing / a person*.

Why asks about *a place / a reason*.

**Form** Complete the table.

question word + do/does + subject + base form

What	(1) _____	I/you/we/they	<b>have</b> for breakfast?
Why	(2) _____	he/she	<b>have</b> breakfast so early?
When	does	it	start?

## WATCH OUT!

- ☒ When does your work start?
- ☒ When your work starts?
- ☒ When your work does start?

**C PRACTICE** Write the words in the correct order to make sentences.

1 does / start / your English class / when / ?

2 do / where / have lunch / you / ?

3 for lunch / do / what / you / have / ?

4 end / when / your English class / does / ?

5 you / do / have / for dinner / what / ?

6 father / does / when / have breakfast / your / ?



**D** **NOW YOU DO IT** Work in pairs. Ask and answer the questions in Exercise C.



## 2 PRONUNCIATION: silent letters

**A**  **51** Listen to the words. Notice that you don't hear the underlined letters.


- 1 have
- 2 blue
- 3 night
- 4 Wednesday
- 5 fruit
- 6 vegetable

**B**  **52**  Work in pairs. Practice the sentences below with your partner.

- 1 I love fruit, but not vegetables.
- 2 Her favorite color is blue.
- 3 He works on Wednesday nights.

## 3 SPEAKING: talking about food around the world




**A**  Work in pairs. Which of these foods and drinks do you think are popular in these countries?


bread   cheese   chicken   milk   pizza   rice   tea

- 1 the United States
- 2 China
- 3 the United Kingdom

**B**  **53** Listen to Mark talking about food in the three countries. Are your ideas in Exercise A correct?

**C**  **53** Listen again and check (✓) the phrases below that you hear.

- 1 ☐ Americans eat a lot of pizza.
- 2 ☐ Everybody likes cheese in the U.S.A.
- 3 ☐ Rice is very popular in China.
- 4 ☐ In the U.S.A., bread is very popular.
- 5 ☐ We don't drink a lot of milk.

**D**  Work in pairs. What foods and drinks are popular in your country? Which foods do you like?

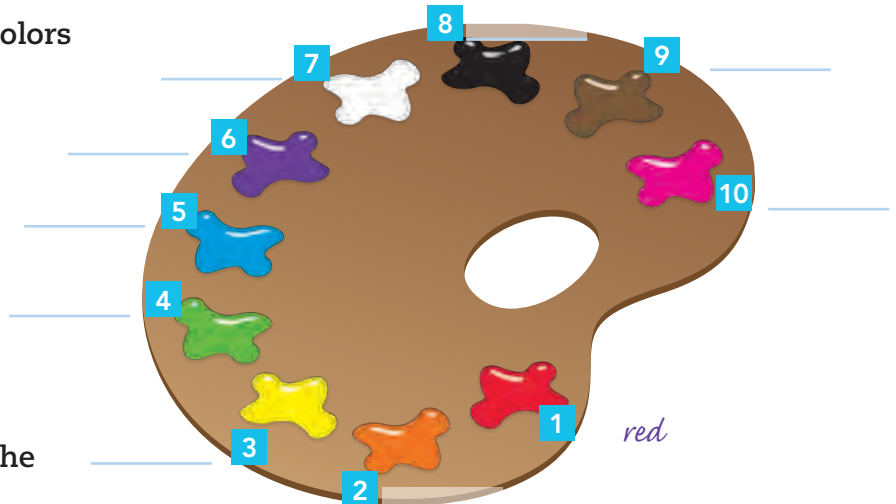
**A:** Pizza is popular in my country.

**B:** Yes, and bread. But we don't eat a lot of sandwiches.

## 4 VOCABULARY: colors

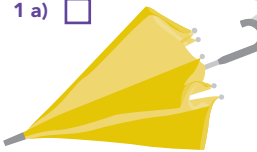
**A** **54** Listen and label the colors with words in the box.

black blue brown green  
orange pink purple  
red white yellow



**B** **55** Listen and check (✓) the correct items.

1 a) ☐



b) ☐



2 a) ☐



b) ☐



3 a) ☐



b) ☐



4 a) ☐



b) ☐



**C** **56** Work in pairs. Ask and answer the questions.

1 What's your favorite color?

3 What color are your eyes? Your friend's eyes?

2 Name a color you don't like.

4 What's a good color for a car? A backpack? A cell phone? A laptop?

## 5 READING: a magazine article

**A** Read the article. How many foods can you find?

**Eat the RAINBOW!**

**What is a healthy meal? A meal of many colors! Have some foods of different colors at breakfast, lunch, and dinner. Here are some ideas:**

**Red:** Tomatoes or tomato sauce. Or how about a fruit salad with cherries and watermelon for dessert?

**Orange:** Carrots! You can have them with other vegetables or in a salad. And oranges are orange, too. You can have pumpkin for lunch, dinner, or for dessert.

**Yellow:** Try corn or bananas. Pineapples are a popular yellow fruit, too.

**Green:** A nice salad with green peppers or broccoli. What about peas?

**Blue:** Everyone likes blueberries. They're delicious. And they're good for you, too.

**Purple:** Eggplant is a popular purple vegetable. Plums and grapes are great for a snack or dessert.


**White and brown** are colors, too. Potatoes and bread are brown. Rice and pasta are white.

**What color is your dinner tonight? Remember, you need many colors!**



**B** Circle the correct option to complete the sentences.

- 1 People eat *tomatoes* / *cherries* for dessert.
- 2 You can have *rice* / *bananas* in a fruit salad.
- 3 Broccoli is a popular *yellow* / *green* vegetable.
- 4 Plums are *white* / *purple*.
- 5 *Potatoes* / *Grapes* are brown.

**C**  **Work in pairs.** Talk about the colors of foods you eat for breakfast, lunch, and dinner.

**A:** For breakfast, I have orange juice—that's orange. And cereal—that's brown.

**B:** I have ...

## 6 GRAMMAR: frequency adverbs

**A LANGUAGE IN CONTEXT** Read the completed questionnaire. Is this person healthy?

HOW HEALTHY ARE YOU? TAKE OUR QUIZ! CIRCLE THE ANSWERS. THEN ADD THE POINTS.

- 1 I always / usually / often / sometimes / rarely / never have breakfast.  
1      2      3      4      5      6
- 2 I always / usually / often / sometimes / rarely / never have coffee or tea.  
6      5      4      3      2      1
- 3 I always / usually / often / sometimes / rarely / never have green vegetables.  
1      2      3      4      5      6
- 4 I always / usually / often / sometimes / rarely / never have dessert.  
6      5      4      3      2      1
- 5 I always / usually / often / sometimes / rarely / never eat fruit.  
1      2      3      4      5      6
- 6 I always / usually / often / sometimes / rarely / never eat dinner late.  
6      5      4      3      2      1



**+++ 6–15 points:**

You have a very healthy lifestyle! Good job!

**++ 16–26 points:**

You have a healthy lifestyle, but can you do more?

**+ 27–36 points:**

Your lifestyle isn't very healthy!



Good Health Habits

**B ANALYZE** Read the questionnaire in Exercise A again.

**Form** Complete the sentences below with adverbs from Exercise A, then circle the correct option.

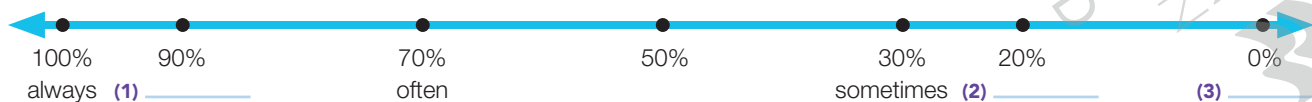
I \_\_\_\_\_ have breakfast. I \_\_\_\_\_ eat fruit.

I \_\_\_\_\_ eat dinner late.

Frequency adverbs come *before* / *after* the verb.

**Function** Complete the diagram with the correct adverbs of frequency.

We use frequency adverbs to say how often something happens.



### NOTICE!

Look at the circled words in the questionnaire, and choose the correct option. They tell you

- a) how often a person does something, e.g., all the time / not at all.
- b) why a person does something.


### WATCH OUT!

- ☒ He always eats fruit.
- ☒ He eats always fruit.



## C PRACTICE Complete the sentences with the correct frequency adverb.

- 1 I *often* have tea. (70%)
- 2 I \_\_\_\_\_ drink juice for breakfast. (0%)
- 3 I \_\_\_\_\_ eat fruit and vegetables. (30%)
- 4 I \_\_\_\_\_ work in the evening. (20%)
- 5 I \_\_\_\_\_ have lunch at home. (100%)
- 6 I \_\_\_\_\_ put milk in my coffee. (90%)

**D**  **NOW YOU DO IT** Work in pairs. Ask questions with *How often* to find out how often your partner does the things in Exercise C.

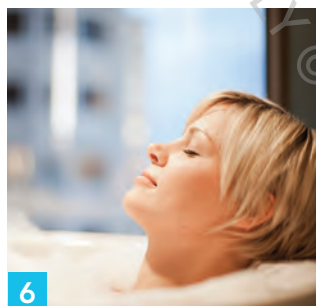
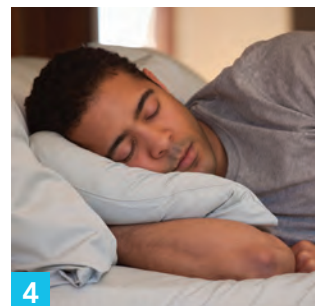
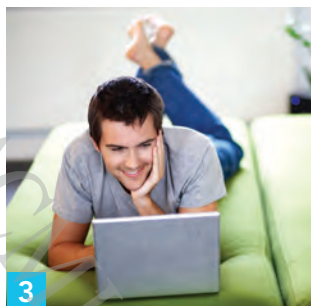
**A:** *How often* do you drink tea?


**B:** *I usually drink water every evening.*

## 7 VOCABULARY: daily activities

**A** Label the pictures with the phrases in the box.

check my email   get up   go to bed   go to work/college  
have breakfast/lunch/dinner   listen to music   take a shower/bath   watch TV



**B**  **56** Listen to Teresa talk about her busy morning. Match her activities to the times she does them.

- |                         |              |
|-------------------------|--------------|
| 1 She gets up.          | a) 6:30 a.m. |
| 2 She has breakfast.    | b) 8:00 a.m. |
| 3 She takes a bath.     | c) 9:00 p.m. |
| 4 She goes to work.     | d) 7:15 a.m. |
| 5 She checks her email. | e) 6:00 a.m. |

**C**  **Work in pairs. Talk about your favorite day of the week.**

**A:** *What's your favorite day?*

**B:** *I like Sunday! I always get up late on Sundays.*

**A:** *What time do you get up?*

**B:** *I get up at 10:30.*

**A:** *And what do you have for breakfast?*

**B:** *I usually have toast, eggs, fruit, juice, and coffee.*

## 8 LISTENING: for specific information page 41



**A** **57** Listen to an interview. What are the people talking about? Choose the correct option below.

- a) Christian's favorite food
- b) Christian's daily routine
- c) Christian's family

**B** Now read the interview, and decide what kind of information is missing for each blank (for example, a job, a time, a day).

**Interviewer:** So, tell me about your job, Christian. What do you do?

**Christian:** I'm a (1) \_\_\_\_\_.

**Interviewer:** So, you work in the hospital, then?

**Christian:** Yes, that's right.

**Interviewer:** And when do you work?

**Christian:** I (2) \_\_\_\_\_ work at night. I work from Monday to (3) \_\_\_\_\_. I sometimes work on weekends, too.

**Interviewer:** Really? What time do you get up?

**Christian:** I usually get up at (4) \_\_\_\_\_ in the afternoon, and I (5) \_\_\_\_\_ at 5:30 p.m.

**Interviewer:** That isn't breakfast! That's dinner!

**Christian:** Well, I often have (6) \_\_\_\_\_ and eggs, and I usually have cereal and (7) \_\_\_\_\_. So it's really breakfast!

**C** **57** Now listen for the information you need, and complete the interview in Exercise B.

**D** **57** Listen to the interview again and check your answers.



## 9 WRITING: using correct word order



Sentences in English always have a subject and a verb. The subject usually comes before the verb. We can also have other information before or after the verb.

**A** Look at the sentences below. Underline the subjects. Circle the verbs.

- 1 My father works in an office.
- 2 I get up at 7:00 a.m.
- 3 She always has cereal for breakfast.

**B** Write a paragraph about your daily routine in your notebook. Think about the structure of your sentences.

*I go to college on Mondays, Wednesdays, and Thursdays. I get up at 8:00 a.m., and I have breakfast at 8:15 ...*

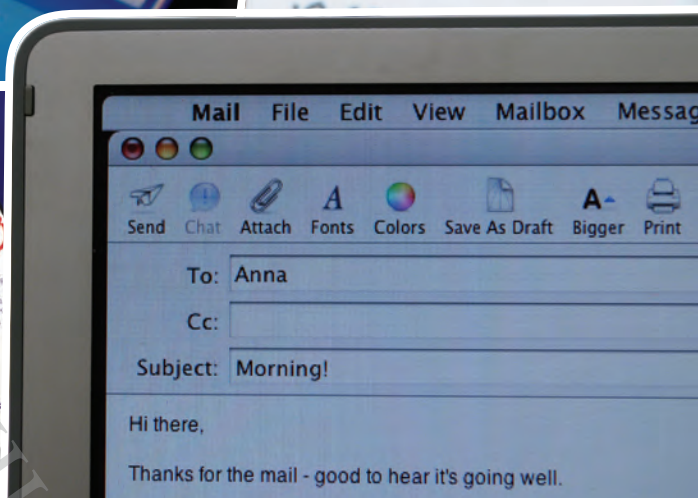
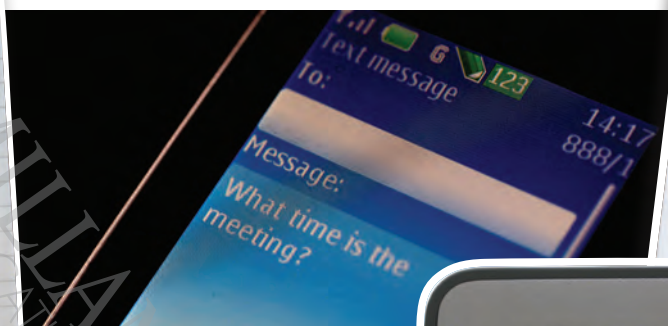
**C** Read through your paragraph. Underline the subjects. Circle the verbs.

**D** Work in pairs. Read through your paragraphs together. Is the word order correct? Make any corrections and show your teacher.



# studySkills

**A** How often do you write these things in English? How often do you write them in your native language?



How often do you write ...	in English?	in your native language?
1 school work		
2 letters (on paper) to friends or family		
3 emails		
4 text messages		
5 shopping lists / notes to yourself		
6 organizer or planner notes		
7 business letters		
8 forms		

**B** Share your answers with the class. Is there anyone who writes in English?

**C** Write in English for five minutes on ONE of these topics.  
Your teacher will tell you when to stop.

family food friends hobbies and interests school work

**D** Share your writing with your partner. Check these things in your partner's writing.  
Talk about ways to make them better.

- vocabulary
- grammar
- spelling
- formatting (capital letters, punctuation)
- ideas

**E** Write your paragraph again. Make any necessary changes.



## MY WAY TO PRACTICE ... WRITING

**A** Read about how these students practice writing. Which student is like you?



**Emilio:** I write on Facebook in English and Spanish. I can practice my English every day, and my friends can understand English or Spanish. Sometimes I need my dictionary!



**Aliyah:** My friends and I send texts in English. I use new vocabulary from class. Sometimes I send emails, but they take a long time to write!



**Sven:** I write a diary in English. Every day I write some sentences. Every month I can write more and more.

**B** Check (✓) the things you do to practice writing.

- ☐ I write sentences from the textbook.
- ☐ I do the workbook exercises.
- ☐ I send texts in English.
- ☐ I write English emails.
- ☐ I practice with online games and programs in English.
- ☐ I write a diary in English.
- ☐ I write a blog in English.
- ☐ I check my assignments for mistakes and write them again.

**C**  **Work in pairs or in small groups. Share your answers from Exercise B. Talk about more ideas to practice writing.**

**A:** I send emails in English.

**B:** Really? That's a great idea.

**A:** What about you?

**B:** I write sentences from English websites.

### SET A GOAL:

Write one new way you plan to practice writing.

# Language wrap-up

## 1 VOCABULARY

### A Match the foods to their color. (5 points)

- |          |           |
|----------|-----------|
| 1 milk   | a) red    |
| 2 carrot | b) white  |
| 3 grape  | c) orange |
| 4 tomato | d) yellow |
| 5 banana | e) purple |

### B Complete the sentences with words in the box. (5 points)

check   get   go   take   watch

- 1 I \_\_\_\_\_ my email in the afternoon.
- 2 I \_\_\_\_\_ up at 6:00 a.m.
- 3 I often \_\_\_\_\_ TV in the evening.
- 4 I always \_\_\_\_\_ a shower at night.
- 5 I \_\_\_\_\_ to bed at 10:30 p.m.

**8–10 correct:** I can identify food items and colors. I can talk about daily activities.

**0–7 correct:** Look again at the Opener and Sections 4 and 7 on pages 57, 60 and 62.

**SCORE:**        /10

## 2 GRAMMAR

### A Complete the questions with words in the box. (5 points)

What (x2)   When   Where   Why

- A: (1)** \_\_\_\_\_ do you have breakfast?  
**B:** At 6:00 a.m.
- A: (2)** \_\_\_\_\_ do you have breakfast so early?  
**B:** Because I start work at 7:00 a.m.
- A: (3)** \_\_\_\_\_ time does your husband start work?  
**B:** At 9:00 a.m.
- A: (4)** \_\_\_\_\_ do you have for breakfast?  
**B:** Coffee and toast.
- A: (5)** \_\_\_\_\_ do you work?  
**B:** At the hospital.

### B Circle the correct frequency adverb. (5 points)

- 1 She *often* / *rarely* eats fruit. She's not very healthy.
- 2 I *sometimes* / *never* watch TV. I watch it on the weekend.
- 3 We *never* / *usually* go to work on Saturdays. We only work from Monday to Friday.
- 4 You *often* / *rarely* have coffee in the morning. You drink it most days.
- 5 He *sometimes* / *always* has eggs for breakfast. He has them every day!

**8–10 correct:** I can ask and answer information questions in the simple present. I can use frequency adverbs.

**0–7 correct:** Look again at Sections 1 and 6 on pages 58 and 61.

**SCORE:**        /10