

Lesson 5 Reading

13 Listen and read.

Five-a-day the fun way!

Fruit and vegetables contain vitamins, minerals and fibre. They help you grow and stay healthy. You need to eat five portions every day.

Here are five fun ways to eat fruit and vegetables!

1 Make fruit ice lollies. You can use fresh fruit or fruit juice. Use different kinds of fruit to make different colours.



4 Make a fruit salad. Use any fruit you like, but don't add sugar!

3 Make a smoothie of fruit, milk, yoghurt and ice cubes. Mmm. Delicious!



5 Make vegetable sticks. Use raw carrots or celery. Eat the sticks with cheese. Yum!



2 Make a funny face with salad and eat it. It's fun and it's good for you, too.



14 Read and say *True or False*. Listen and check.

- 1 Fruit and vegetables help you stay healthy.
- 2 You need to eat two portions every day.
- 3 You make a smoothie with carrots and cheese.
- 4 You need to add sugar to a fruit salad.
- 5 You can make a funny face with salad.

Do YOU know...?

Carrots can help you see in the dark.

15 Play *Question chain*.

Do you like vegetable sticks?

Yes, I do.

Do you like smoothies?

No, I don't.

16 Say what your friend likes.



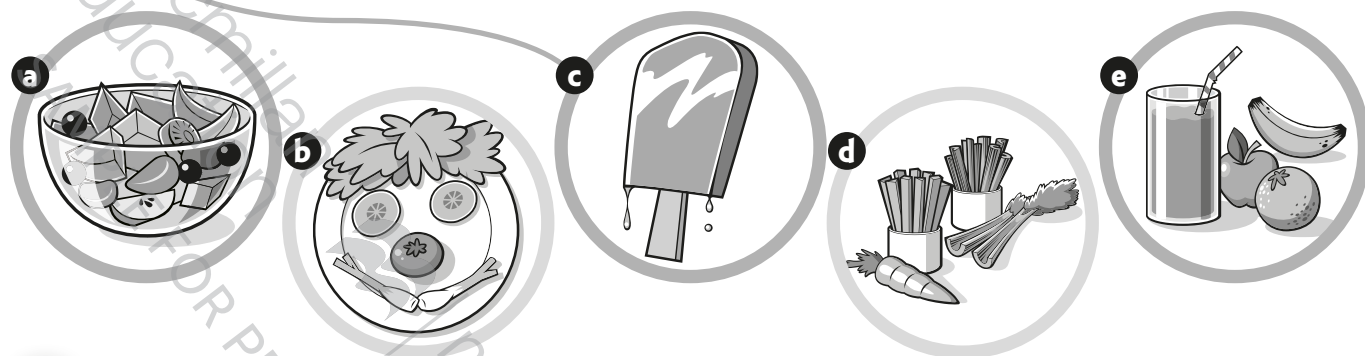
David likes fruit ice lollies.



Lesson 5 Reading, Writing and Speaking

15 Look and match.

- 1 ice lolly 2 fruit salad 3 smoothie 4 vegetable sticks 5 salad



16 Read and write.

- You can make a funny face with it. _____
- You can make different colours. _____
- You can eat them with cheese. _____
- It's got fruit, milk, yoghurt and ice cubes. _____
- You can use any fruit you like. _____



17 Look and complete the table. Ask a friend.



Me					
My friend					

✓ = I like
X = I don't like

18 Write about you and your friend.

I like _____
My friend _____

Lesson 5

Objectives and key competences

- to ask and say ways you like to eat fruit and vegetables
- to say ways your friends like to eat fruit and vegetables
- to listen and read 'Five-a-day the fun way!'
- to answer questions on the text
- to explore the internet with your teacher

Active language

fruit salad, ice lolly, salad, smoothie, vegetable sticks
fresh, fruit juice, ice cubes, milk, yoghurt
Do you like ... ? Yes, I do./No, I don't.
He/She likes ...

Materials

Class Audio CD

Class Audio for Lesson 5

- Give us an 'R!' ▶ CD 2 Track 1 p178
- Give us a 'G!' ▶ CD 2 Track 2 p178

Student's Book

- I like food ▶ CD 2 Track 31 p182
- 'Five-a-day the fun way!' ▶ CD 2 Track 33 p182
- Reading comprehension ▶ CD 2 Track 34 p182

At a Glance Lesson Plan

Starting the lesson

- Do the opening routine.
▶ CD 2 Track 1 p178
- Review the *I like food* song.
▶ CD 2 Track 31 p182; CD 2 Track 32 p182
- Explain the aims of the lesson.

Activity 13

- Listen and read.
▶ CD 2 Track 33 p182

Do you know ... ? fact

- Read the fact.

Activity 14

- Read and say *True* or *False*.
- Listen and check.
▶ CD 2 Track 34 p182

Activity 15

- Play *Question chain*.

Student's Book

CLIL Social Science

TigerTeam

Lesson 5 Reading

13 Listen and read. Five-a-day the fun way!

Fruit and vegetables contain vitamins, minerals and fibre. They help you grow and stay healthy. You need to eat five portions every day. Here are five fun ways to eat fruit and vegetables!

- 1 Make fruit ice lollies. You can use fresh fruit or fruit juice. Use different kinds of fruit to make different colours.
- 2 Make a funny face with salad and eat it. It's fun and it's good for you, too.
- 3 Make a smoothie of fruit, milk, yoghurt and ice cubes. Mmm. Delicious!
- 4 Make a fruit salad. Use any fruit you like, but don't add sugar!
- 5 Make vegetable sticks. Use raw carrots or celery. Eat the sticks with cheese. Yum!

14 Read and say True or False. Listen and check.

- 1 Fruit and vegetables help you stay healthy.
- 2 You need to eat two portions every day.
- 3 You make a smoothie with carrots and cheese.
- 4 You need to add sugar to a fruit salad.
- 5 You can make a funny face with salad.

15 Play Question chain.

Do you like vegetable sticks? Yes, I do. No, I don't.

16 Say what your friend likes.

David likes fruit ice lollies.

17 Explore the internet with your teacher.

Find out what vitamins we get from oranges.

Explore the internet with your teacher

- Find out what vitamins we get from oranges.
- Go to the Activity Book. See Activity Book activities to the right.

Activity 16

- Say what your friend likes.

Ending the lesson

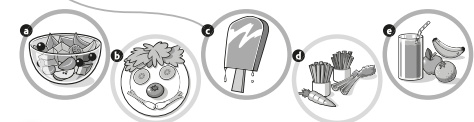
- Review the lesson.
- Do the closing routine.
▶ CD 2 Track 2 p178

Activity Book

Lesson 5 Reading, Writing and Speaking

15 Look and match.

1 Ice lolly 2 fruit salad 3 smoothie 4 vegetable sticks 5 salad



16 Read and write.

- 1 You can make a funny face with it.
- 2 You can make different colours.
- 3 You can eat them with cheese.
- 4 It's got fruit, milk, yoghurt and ice cubes.
- 5 You can use any fruit you like.

salad

17 Look and complete the table. Ask a friend.

Do you like ice lollies? Yes, I do.

	Ice lolly	Fruit salad	Smoothie	Vegetable sticks	Salad
✓ = I like ✗ = I don't like					
Me					
My friend					

18 Write about you and your friend.

I like _____
My friend _____

Activity Book

Activity 15

- Look and match.

Activity 16

- Read and write.

Activity 17

- Look and complete the table. Ask a friend.

Activity 18

- Write about you and your friend.

Detailed Lesson Plan

Starting the lesson

Do the opening routine.

- Greet the students. Do Opening routine 2: *Give us an 'R'!* The students say the chant in groups. Write 'READY' on the board as they do so.

► **CD 2 Track 1 p178**

Review the *I like food* song.

- Ask **Can you remember the *I like food* song? What does the singer say?** (*I love ... I like ... I don't like ...*)
- Say **Let's listen and find out if you're right!** Play the CD. The students listen and check their answers.

► **CD 2 Track 31 p182**

- Play the karaoke version. The students sing.
- **Option:** They can look at the lyrics (SB page 33).

► **CD 2 Track 32**

Explain the aims of the lesson.

- Say **Today we're going to read about fun ways to eat fruit and vegetables every day.** Elicit examples of fruit (*bananas, apples, strawberries, etc.*) and vegetables (*peas, carrots, potatoes, etc.*) that the students know.

Student's Book Activity 13

Listen and read.

► **CD 2 Track 33 p182**

- (Books closed.) The students guess the meaning of 'Five-a-day the fun way!'. Pre-teach 'vitamins', 'healthy', 'grow' and 'portion'. Establish that it's important to eat five portions of fruit and vegetables every day.
- Ask questions. **Do you like fruit and vegetables? Do you want to learn five fun ways to eat fruit and vegetables?**
- (Books open.) Say **Find the fruit ice lollies/fruit salad/smoothie/vegetable sticks/funny face.** The students identify the foods in turn. Play the CD. The students listen and read.
- Clarify understanding of 'sugar', 'ice cubes', 'raw' and 'celery'.
- Play the CD again. Ask **Which is your favourite way to eat fruit and vegetables?**

Do you know ... ? fact

- Read the fact as a class. Explain that carrots have got a lot of Vitamin A. This helps us see well, even at night.

Student's Book Activity 14

Read and say *True or False*. Listen and check.

► **CD 2 Track 34 p182**

- Read the sentences. The students say *It's true/false!* They correct the false sentences.
- Play the CD. The students listen and check their answers.

Answers: (See audioscript for answers.)

Student's Book Activity 15

Play *Question chain*.

- Ask a student **Do you like vegetable sticks?** The student responds *Yes, I do* or *No, I don't* and asks a question to another student, such as *Do you like smoothies?* That student responds, and asks another question to the next student.
- The question chain can go round the class or the students can choose who to ask. The game finishes when all the students have asked and answered at least one question.
- **Option:** The students can also play the game in groups.

Student's Book Activity 16

Say what your friend likes.

- The students say what they found out about their friends during the *Question chain* game. (*David*) likes (*fruit ice lollies*). The named students respond *Yes, I do* or *No, I don't* (*like fruit ice lollies*).

Explore the internet with your teacher

Find out what vitamins we get from oranges.

- Read the instruction as a class. The students research what vitamins we get from oranges on the internet with their teacher.

Answer: Vitamins A, B, C and E

Activity Book

Activity 15

Look and match.

- The students look and match the pictures and words. Check the answers.

Answers: 1 c 2 a 3 e 4 d 5 b

Activity 16

Read and write.

- The students read the descriptions and write the answers. Check the answers.

Answers: 1 salad 2 ice lollies 3 vegetable sticks 4 smoothie 5 fruit salad

Activity 17

Look and complete the table. Ask a friend.

- Explain the key. The students then complete the 'Me' row about themselves.
- Divide the class into pairs. Read the speaking model. The students ask and answer questions and complete the 'My friend' row in the table about their partner.

Activity 18

Write about you and your friend.

- The students look at the information in the table above and write sentences about their partner. A few students then read their sentences to the class.

Students' own answers. Possible answers: My friend (Anna) likes vegetable sticks. She doesn't like smoothies or fruit salad.

Ending the lesson

Review the lesson.

- Ask **What does 'five-a-day' mean? Why is it important to eat 'five-a-day'? What are five fun ways to eat fruit and vegetables?**

Do the closing routine.

- Say **It's time to tidy up and put your books away.**
- Do Closing routine 2: *Give us a 'G'!* The students say the chant in groups.

► **CD 2 Track 2 p178**

- Say **Goodbye. See you on ...** and name the day of your next lesson.



macmillan
education
SAMPLE FOR PROMOTIONAL USE ONLY

macmillan
education

macmillan
education

macmillan
education
PUBLISHERS LTD

















