2 Healthy Food





1 **Look. Ask and answer.**

Where are the children?
What food do you see?

2 19 **Listen, point, and say.**

3 20 **Listen, complete, 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!
How about you?

4 20 **Listen again. Wave your hands when you hear your favorite food.**



1 21 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**.



2 22 Listen, look, and check (✓).



	Yes, there are.	No, there aren't.
1	◯	◯
2	◯	◯
3	◯	◯



3 22 Listen to the conversation again and act it out.



4 Watch the video again and 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

A Healthy Lunch

I eat the right food to stay healthy.

1 **Look and answer. What do the children make?**

2 23 **Read the story. Then act.**

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 Kevin gives Clara some juice.



7 Surprise! Clara likes the juice!



3 24 **Listen and circle.**

1 a Julie's house
b Kevin's house

2 a Clara does.
b Kevin does.

3 a They make cookies.
b They make salad.

4 a Mangoes and peaches
b Apples and bananas

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

a ◯ 

b ◯ 

c ◯ 

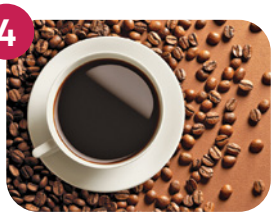
I can eat the right food to stay healthy. ◯

1 25 Listen, point, and say. Then turn and play.

1 
pasta

2 
popcorn

3 
tea

4 
coffee

5 

soda

6 
beef

7 
chicken

8 
lemonade

2 26 Listen and complete. 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 Give clues. 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 (✓).

	chicken	beef	coffee	tea	pasta
Yes, there is.	◯	◯	◯	◯	◯
No, there isn't.	◯	◯	◯	◯	◯

3 Complete the sentences.

1 There isn't _____ popcorn.

2 There's _____ pasta.

3 Is there _____ lemonade? No, there _____.

4 _____ there _____? Yes, there _____.

4 Speaking Sharebook page 15

1 **Look at the pictures. Tell a friend what you see.**

2 29 **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 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 at home.



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

1 

___ ___ ___ ool

2 

___ ___ ake

3 

___ ___ ide

4 

___ ___ ___ are

5 

___ ___ ider

6 

___ ___ ooter

7 

___ ___ ateboard

8 

___ ___ are

2 Listen and repeat.

30

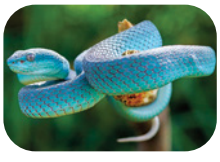
1 skateboard	2 share	3 scooter	4 slide
5 school	6 square	7 spider	8 snake

3 Listen and read. Then write the word.

31

1 The  rides a  to .

_____ _____ _____

2 The  goes down the  on its .

_____ _____ _____

Progress Tracker

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 ladder.
5 Slide down if you land on a snake.



2 Me Complete about yourself.

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

I can use the language in Unit 2.

Review

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 pictures. Circle True or False.

1 There are some carrots. True / False
2 There aren't any potatoes. True / False
3 There is some soda. True / False
4 There isn't any cheese. True / False



2 Look at the pictures. Circle the correct word.

1 There isn't some / any rice.
2 There are some / any peaches.
3 Are there some / any tomatoes?
4 There aren't some / any cucumbers.

3 Circle the odd one out.

1 mangoes potatoes tomatoes carrots
2 peaches beef mangoes bananas
3 pasta tea coffee lemonade
4 soda avocados popcorn chicken

4 Write questions and short answers about food.

1 _____
2 _____
3 _____
4 _____

More review with ... Kahoot!

Movers A1 Reading and Writing

1 **Read the story. Choose a word from below. 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."

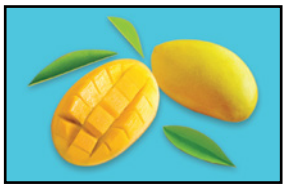
Their dad is at the door. "He's here!" says Grandpa. "Let's sing Happy Birthday."


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 32 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, some vegetables, and fruit are popular. They also have a juice box or water.





Japan

In Japan, students also eat at school, 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 in two categories.**

At school	At home	Big lunch	Small lunch

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

