Eat well

Lesson 1 Vocabulary 1

1 Find and circle six foods. Write.





bread





3

4





5

	•					1		>.	7
(b	r	e	a	d	u	f	W	j	S
k	f	n	j	q	b	p	i	е	а
r	у	S	/a	I	a	d	n	٧	n
0	W	е	X	f	-	k	g	а	d
b	a/	(j/)	a	b	-	d	S	h	W
0	t	u	n	а	0	k	t	е	i
t	Oc.	m	С	S	0	f	а	а	С
Z	h	C	u	r	n	i	y	d	h
c	> h	е	е	S	е	I	b	j	е
d	g	p	а	S	t	а	h	0	S
7	A	á			T	Y			

2 Look at the food. Make two lists.













Food 1 like





1 Read and circle the correct words.

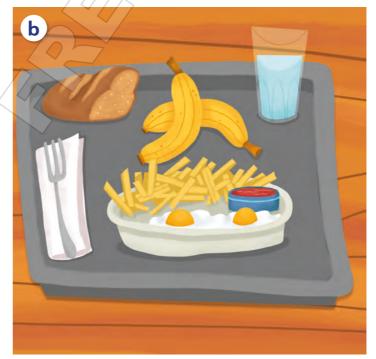




I've got ¹come/ any tuna sandwiches in my lunchbox today, but there 2 isn't / aren't any cheese. I've also got ³ some / any fruit. There's an apple and a banana, but there 4 isn't / aren't any strawberries. There ⁵ 's / are some chocolate, but there isn't ⁶ any / some salad.

2 Exampractice Look at the pictures. Say five differences. Then complete the sentences.





1 In picture A,	there aren't any	eggs.
In picture B,	there are some	eggs.
2 In picture A,		salad.
In picture B,		salad.
3 In picture A,	P)	tomato sauce.
In picture B, _		tomato sauce
4 In picture A,	>	mushrooms.
In picture B, _		mushrooms
5 In picture A,		bread.
In picture B,		bread.

Lesson 3 Say and spell

1 (2.1) Listen. Circle the letters you hear. Write the words.



1 juice





3



2 Read and circle the correct spellings.



i e lolly



hou e



ri e



hor e

 ${22}$ Complete the words. Then listen and say the poem.

e lolly it isn't Tomato 1 sau 2 e on an 2 i very ³ni e,

e doesn't go very well And orange ⁴jui on ⁵ri e.

But I like ⁶ alad in my ⁷ andwich and cheese on ⁸pa ta too.

> We eat that all the time in my e! How about you? 9hou





- Close your books.
- Ask a friend to test you.

How many words with s or c can you spell?

Spell 'sauce'.

s-a-u-c-e

he wrong sandwich!

After you read

1 Read the story on Pupil's Book pages 24-25 again. Then read and choose.

1 Mia is happy.





2 Mia is angry and sad.





3 Mia is feeling better.





4 Dad is happy.





2 Exampractice Read the text. Choose a word from the box. Write the correct word next to numbers 1-5.

My Club Page

Look! This is a photo of me making sandwich for the

sandwich competition in the

. I like making/

sandwiches and my favourite sandwich has

in it. My sandwich

wasn't in the competition and I was

for a few minutes.

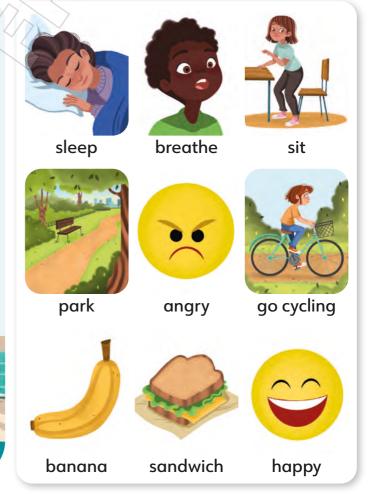
When I'm not happy, I 4

on a chair and I think for a minute.

| 5 in and out. Then,

I feel better.



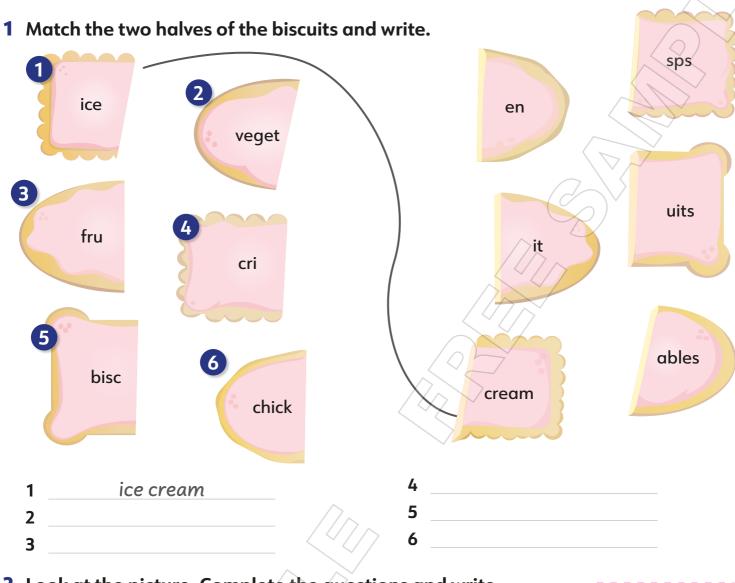


3 Read, circle and write.

l/like / don't like in the story.

This is because

Lesson 5 Vocabulary & Grammar 2



2 Look at the picture. Complete the questions and write answers.

1 _	Are there any	apples?	
2		bread?	Yes, there is.
3 _		chicken?	
4		crisps?	
5		mushrooms?	
6		sandwiches?	



3 Answer the questions. Ask a friend.



		me	my friend
1	Are there any biscuits at your house?		
2	Is there any chocolate at your house?		
3	Are there any fizzy drinks at your house?		

After you read

- 1 What's in their sandwiches? Scan the blog on Pupil's Book pages 28-29 to find the information.
 - 1 Who has potatoes?

Arusha

- 2 Who has an egg?
- **3** Who has bananas?
- 4 Who has crisps?
- **5** Who has sausages?







2 Read the blog and answer.



- 1 How do you know Jack likes onion? Because he has onion in his sandwich.
- 2 Do you think Arusha likes fruit? How do you know?
- 3 Does Arusha always have a potato sandwich and a banana sandwich together? How do you know?
- 4 How do you know Maria's family like her favourite sandwich too?

Lesson 7 Listening & Speaking

Real-world communication

1 23 Listen and complete the menu.

Today's menu

First course:

rice with mushrooms or 1 tuna chicken and ² pasta with ³ sauce

salad and 4

Fruit:

_, watermelon or pineapple

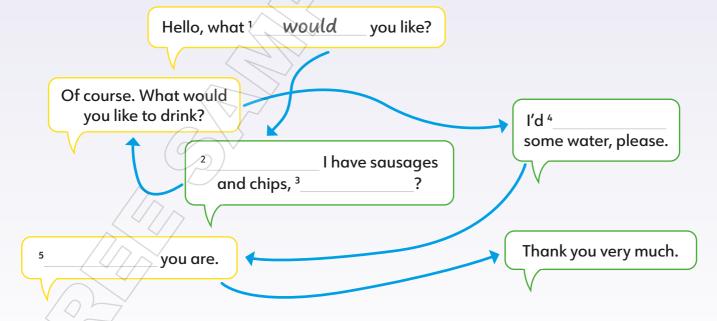
Drinks:

apple juice, ⁶______ juice or water

2 Read and match.

- a chips, please? 1 What would ~ **b** you are. 2 Could I have c you like? **3** I'd
- d like water, please. 4 Here

Follow the lines and complete the dialogue. Then listen and check.



Pla	n Imagine your favourite lunch. Read the question	ns and make notes.
0	1 Who do you have your favourite lunch with?	
0	2 Where do you eat?	
	3 What do you eat first?	
0	4 What do you eat next?	
	5 What's your favourite part of the meal?	

Write Write a blog about your favourite lunch. Use first, next, finally.

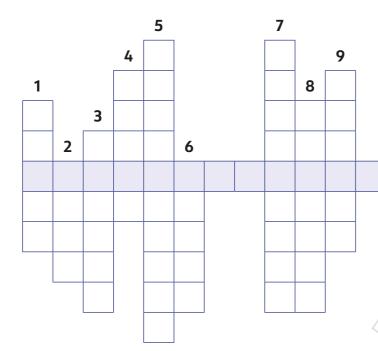
			• •
About	• Blog	Latest postsArchives	
I have my favo	ourite lunch v	vith in	
Thave my rave		, we have/>	·
		, we have	
	/		
My favourite p	oart of the m	eal is	
		√ }	

Check Read and check your work with a friend.

I use capitals at the start of sentences.	
I say what food I like.	
I write in a logical order with first, next and finally.	
I use my picture dictionary to check my spelling.	

Review

1 Look and complete the puzzle.





What's the mystery word?

2 Write the words under the pictures. Read and match.



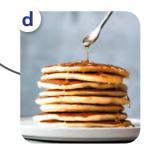
- 1 You can eat them with lemon or chocolate sauce.-
- 2 It's red and you can eat it with pasta.
- 3 An apple is this.
- 4 It's very cold and great in summer.
- **5** A potato is this.
- 6 It's white and small.











pancakes



Are these words uncountable in your language? pasta rice bread salad

3 Look and correct the sentences.

- 1 There are some mushrooms. There aren't any mushrooms.
- 2 There isn't any cheese.
- 3 There's some salad.
- 4 There aren't any biscuits.
- **5** There are some strawberries.
- 6 There's some ice cream.



4 Read, look and complete.

