

1 Good food!

Lesson 1 Vocabulary 1

1 Look and complete the words.



1 peel _____



2 c _____



3 a _____



4 b _____

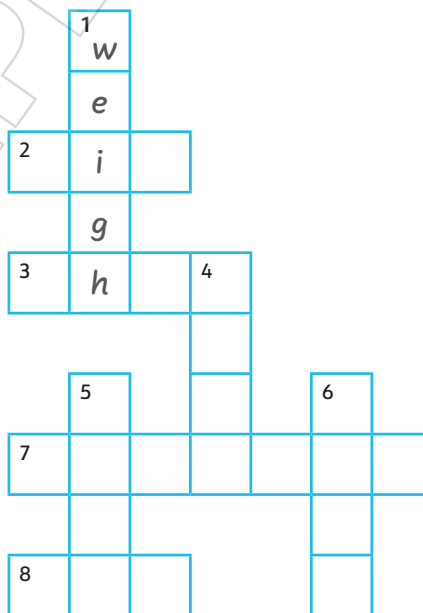


5 s _____



6 t _____

2 Look and complete the crossword.



1 Unscramble the sentences.



1 make / want / We / to / a banana cake

We want to make a banana cake.






2 Emma / to / peel / needs / the bananas

3 doesn't / to / weigh / need / She / the bananas

4 Adam and Liam / tidy up / to / want / don't / the kitchen

5 want / They / eat / to / the banana cake

2 Look at the board and complete the sentences.

A pizza:	roll out pizza ✓	boil water ✗	chop tomatoes ✓		Toby
A chocolate cake:	chop fruit ✗	weigh ingredients ✓			Emma
Fruit salad:	peel fruit ✓	fry fruit ✗	chop fruit ✓		Adam and Mia
Vegetable soup:	peel vegetables ✓	chop vegetables ✓		Liam	

1 Toby wants to make a pizza. He needs to roll out the pizza and chop tomatoes. He doesn't need to boil water.

2 a chocolate cake. weigh ingredients. chop fruit.

3 a fruit salad. fry fruit. peel and chop fruit.

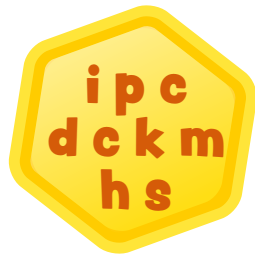
4 Liam chicken soup. vegetable soup. peel and chop vegetables.

Lesson 3 Say and spell

1 Listen. Circle the letters you hear. Write the words.



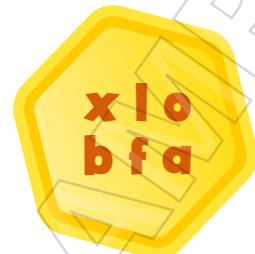
1 s i x



2 _____



3 _____



4 _____

2 Unscramble, classify and write.



sckdu



xfo



cksro



xmi



ckssna

-cks	-x
ducks	

3 Complete the words. Then listen and say the tongue twister.

¹Si x ²chi _____,
 Two ³du _____,
 Here comes a big ⁴fo _____!
 Quick, chicks,
 Quick, ducks,
 Hide in the apple ⁵bo _____!



Spelling Bee Challenge

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

How many words ending with **x** or **cks** can you spell?

Spell 'mix'.

m-i-x



After you read

1 Read the story on Pupil's Book pages 12–13 again. Then complete Emma's plan.

What food? ¹ apple tarts

How many people? ² _____ football players + ³ _____ other people

How many apple tarts? ⁴ _____

How many boxes of apples? ⁵ _____

Football team is going to arrive at ⁶ _____.

2 **Exam practice** Read Mia's Club Page. Choose a word from the box. Write the correct word next to numbers 1–5.

was rock sorry great apples café boxes picked two helped



My Club Page

Yesterday, we helped at the café.
 Toby wanted to make apple tarts. He needed
¹ _____ so we went to my grandparents' farm in the minibus. Everybody helped and we
² _____ a lot of apples. We put six boxes of apples on Grandpa's truck. Then we drove back to the café. I went in the truck with Grandpa. Suddenly, the truck went over a big rock in the road and the apples fell off! We all ³ _____ pick up the apples, then we went to the café. Grandpa was very ⁴ _____ because the apples were no good for apple tarts, but Emma had a ⁵ _____ idea. She said, 'Let's make apple juice!' Then the football team came to the café. They loved the apple juice!



Now choose the best name for the story. Tick (✓) one box.

- a Mia's grandparents have got a farm
- b A problem with the apples
- c The football team didn't win

Like Share Comment

3 Read, circle and write.

I think the story is _____.

I like / don't like the part when _____.

1 Unscramble and match.

1 sinrais

raisins d

2 rcelae

3 kilm



4 oatst

5 tuns

6 maj

2 Read and circle.

Mum: How ¹much / many milk would you like?

Bea: A ²lot / few, please. I love milk on my cereal.

Dad: How ³much / many nuts would you like?

Bea: Not ⁴many / much. I don't really like nuts.

Mum: But nuts are good for you. How many raisins would you like?

Bea: Just a ⁵little / few, please.

Dad: Would you like some juice?

Bea: OK. Just a ⁶lot / little, please. I'm not very thirsty.



3 Imagine it's breakfast time. Answer the questions.

How much cereal would you like? _____, please.

How many eggs would you like? _____, please.

How much orange juice would you like? _____, please.



After you read

- 1 Scan the article and recipe on Pupil's Book pages 16–17. Then circle the correct information.

1 Where does sugar cane grow?	in <u>hot</u> / cold countries
2 How much natural sugar has a banana got?	about 40g / 14g
3 How much time do you need to make the Big Breakfast Bowl?	15 / 25 minutes
4 How many different ingredients are there in the recipe?	eight / six
5 How much added sugar is in the recipe?	0g / 50g

- 2 Scan the cereal packets and answer.

<p>POPS</p> <p>Per 100g Natural sugar 10g Added sugar 50g</p>	<p>FLAKES</p> <p>Natural sugar 30g Added sugar 10g</p>	<p>CRUMBLY</p> <p>Natural sugar 40g Added sugar 20g</p>
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- Which breakfast cereal has most natural sugar?
- Which breakfast cereal has most added sugar?
- Which breakfast cereal is the healthiest?
- Which breakfast cereal would you choose?
- Why is it good to read the list of ingredients on the food we eat?

Crumbly

1 1.3 **Exam practice** Listen and tick (✓) the box.

Example What are the family eating for dinner?

a b c

1 What does Max like with his meal?

a b c

2 What do the family drink with their meal?

a b c

3 Where is Carla going to go this afternoon?

a b c


2 **Read and match.**

- | | |
|---|----------------------------|
| 1 Can you pass the salt, please? | a Yes, of course. |
| 2 Would you like some more pizza? | b Yes, here you are. |
| 3 Can I have some more ice cream, please? | c No, thank you. I'm full. |
| 4 Would you like some more cheese? | d Yes, please. |

3 1.4 **Complete the dialogue. Then listen and check.**

Max: Can I have some more chicken, please?
Dad: Yes, ¹ of course .
Carla: Can you pass the chips, please?
Dad: Yes, ² _____ . Do you want some more chips too, Max?
Max: No, ³ _____ . I've ⁴ _____ .
Dad: Would you like some more chicken, Carla?
Carla: Yes, ⁵ _____ . It's really nice.



Plan Think of a meal you like. Write notes for your recipe. 

What's your recipe for?

What ingredients do you need?

Some:

A little:

A lot of:

A few:

Circle the actions you need to do for your recipe.

wash fry boil chop
 stir mix peel weigh
 pour add roll out taste

How much time does your recipe take?

Write Write a recipe. 

My recipe for _____

Preparation time: _____

Ingredients:

1. First, _____ •
2. Next, _____ •
3. Then _____ •



Check  Read and check your work with a friend. 

I made a list of ingredients and quantities.

I wrote how long the recipe takes to make.

I wrote instructions and used numbers and words to show the order.

I said what actions you need to do at each stage.

Review

1 Find and circle twelve words. Then classify and write the words.

Actions	Ingredients
roll out	

2 Look at the pictures and complete the instructions.



1 Ingredients: chocolate and milk
Add the chocolate to the milk. Then stir.



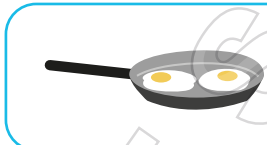
2 Ingredients: _____ and potatoes
First, _____ the vegetables.



3 Ingredients: 100g _____
First, boil some water. Then _____ the pasta.



4 Ingredients: apples, _____ and oranges
First, _____ the fruit.



5 Ingredients: eggs and oil
_____ the _____ in a hot pan.



6 Ingredients: 200g _____
First, _____ the sugar.

3 Complete the dialogue. few need to don't lot much many want to



Mum, we ¹ want to have a picnic in the park.

That's a nice idea. What are you going to take?



Well, I ² _____ take some sandwiches and some crisps.

How ³ _____ sandwiches do you need?

I need four sandwiches.

And some juice? How ⁴ _____ juice would you like?

A ⁵ _____. It's very hot!

Do you want to take a ⁶ _____ biscuits?

No, I ⁷ _____ need to take biscuits because Emma is going to bring some.

Great! Have a good picnic.

4 Unscramble the questions. Then look and circle the answers.



1 sugar / much / How / is there / a fizzy drink / in / ?
How much sugar is there in a fizzy drink?
A lot. / Not much.



2 in / much / is there / How / milk / sugar / ?

A lot. / Not much.




3 raisins / many / How / need to / the cake / make / do you / ?

A lot. / A few.



4 jam / much / How / on your toast / would you like / ?

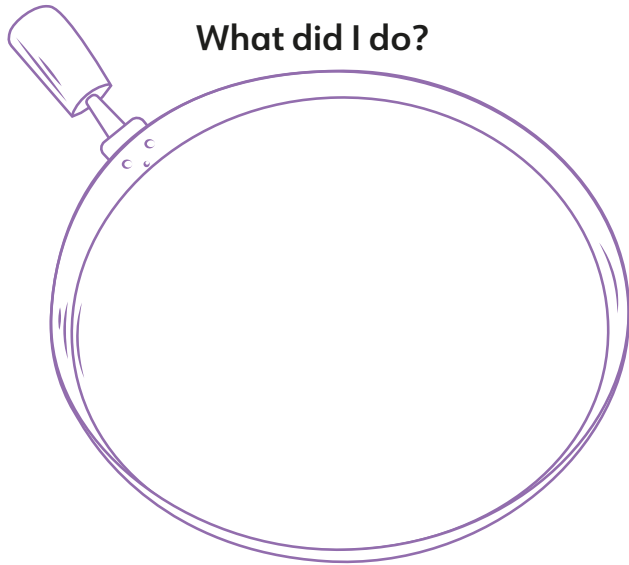
A lot, please. / Just a little, please.

 How do you say *A little/A few* and *Not much/Not many* in your language? Do the words change for countable and uncountable nouns?

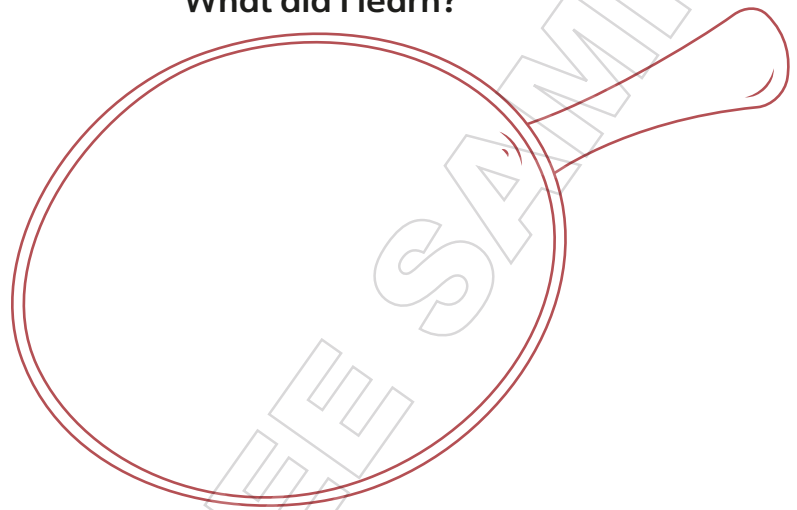
Think about Unit 1

Read. Write or draw, circle and tick (✓) your answers.

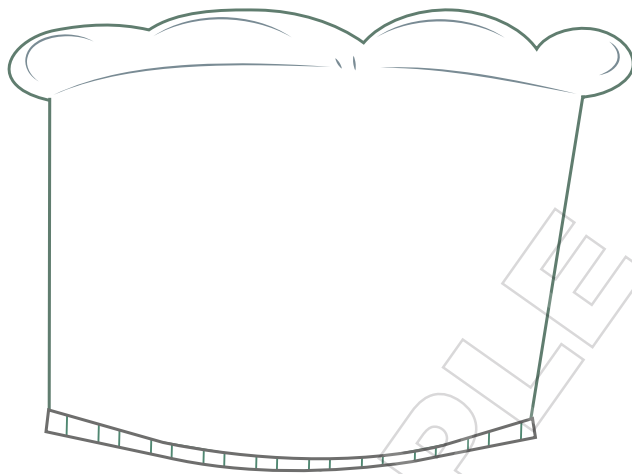
What did I do?



What did I learn?



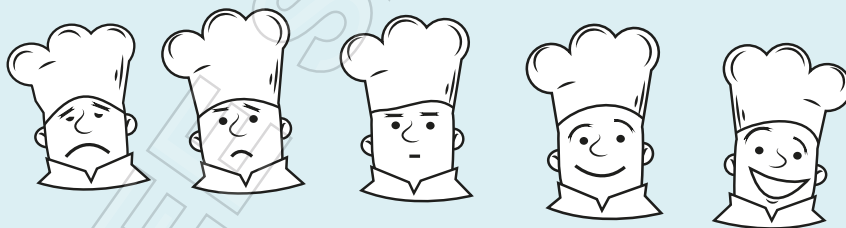
How did I learn?



What was my favourite part?



How well did I do?



What can I do next?

I can ...

practise the new words.

read the story again.

play the digital games again.

read English recipes on the internet.

Go to the map on pp.4-5 and draw your unit pass.



1  Listen and write. There is one example.

Exam tip

Write your answers in pencil, then check them the second time you listen.



Cooking Lessons

- Place: the community café
- 1 Time and day: 5.30 pm on _____
- 2 You can learn: to make _____
- 3 The teacher's name is: _____
- 4 Need to bring: some _____
- 5 At 6.30 pm families can: _____ the snacks