

1 Good food!

Lesson 1 Vocabulary 1

✓ Say three sentences about the picture.



1 Listen, point and say.

2 Listen, move and sing.

Hot soup

SING

Weigh the carrots,
Weigh the onions.
Peel and chop them,
Peel and chop them.

Stir the soup,
Stir the soup.
Add some water,
Add some water.

Boil the hot soup,
Boil the hot soup.
Don't let it burn,
Don't let it burn.

Taste the soup,
Taste the soup.
It tastes good!
It tastes good!

3 **Team Time** Close your book. Mime and guess the cooking words.

1  Listen and repeat. What does Adam want to do? Act out.

Toby: Thank you, everyone. The café opens at twelve o'clock. I **need to make some soup** for lunch. Who wants to help me?

Emma: Me, please! I **want to help**. Can I weigh the ingredients?

Toby: Yes. And you can peel them, Liam, but you need to be very careful.

Liam: Yes. I **don't want to peel** my fingers!

Toby: Mia, you can chop the vegetables. Don't worry, you **don't need to chop** them very small.

Mia: OK. What about you, Adam? What do you want to do?

Adam: I want to taste the soup!



Find What word comes after *want* and *need*?

2  Look, listen and follow. Then make your own sentences.

Verb with infinitive: *need to* / *want to*

I	need/want	to	peel the fruit.
You			chop the vegetables.
We	don't need/want		make soup.
They			fry the eggs.
She	needs/wants		boil the rice.
He	doesn't need/want		mix the cheese with the tomato sauce.

3   **Team Time** Play *The pair game*.  Go to Activity Book, p.129

I want to make vegetable soup.

You don't need to chop fruit. That's not a pair.





Say and spell

- 1 Listen and repeat.
rocks boxes
chicks six
- 2 Find the words in the story.

Before you read

- 1 Where can we get fruit and vegetables from?
- 2 Listen and read. What happens to the apples?

A change of plan

1 It was Saturday. The friends were at the community café again.



2 There were ducks and chicks at the farm, and a lot of fruit trees.



3 Emma counted the boxes of apples and ticked her list.



4 Grandpa drove carefully, but there were a lot of rocks on the farm road.



What part does an apple play in a food chain?

1

- 5 The children put the apples back in the truck.



- 6 At four o'clock, they arrived at the café.



- 7 Toby liked Emma's new plan. Everyone helped in the kitchen.



- 8 At half past five, everything was ready. The football team arrived at the café.



Lesson 4 Explore the story

After you read

- 1 Watch the video. Act out the story.
- 2 Read and answer *True* or *False*.
 - 1 Emma was excited about the visitors.

True.
 - 2 The children had a lot of time to pick the apples.
 - 3 Mia's grandpa laughed when he saw the apples in the grass.
 - 4 The football players liked the apple juice.

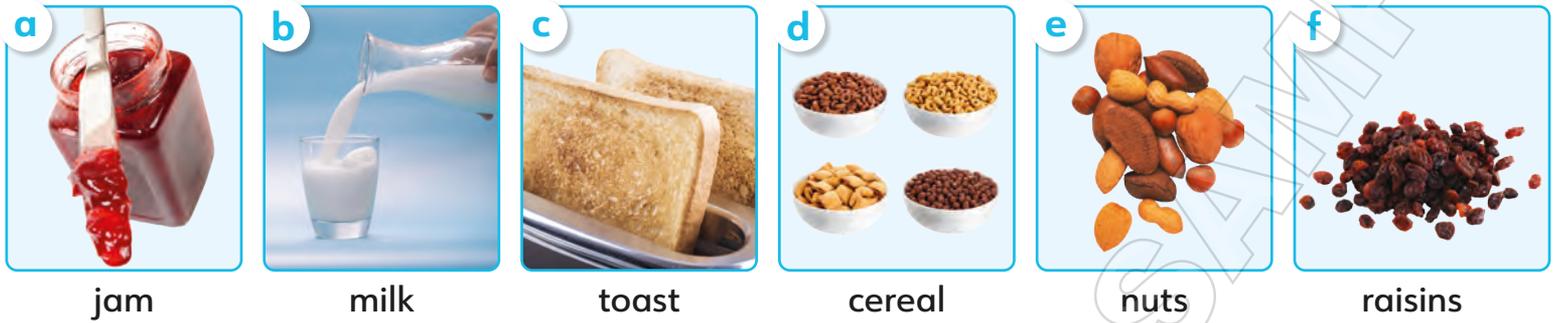
3 Ask and answer.

- 1 Who is good at making plans in the story?
- 2 Why does she need to change her plan?
- 3 What kind of plans do you make?
- 4 Why is it good to make a plan?

I'm good at planning.



1 1.7 Listen and say. 1.8 Then listen and put in order.



2 1.9 Watch and listen. Move and sing.

Time for breakfast!

SING



How much milk would you like?
Just a little.
How much toast would you like?
A lot, please!
How much jam would you like on your toast?
Not much. It's not good for me!
Wake up! Get up! It's a nice day!
Come and have breakfast.
Are you hungry today?

How many raisins would you like?
Not many.
How much cereal would you like?
A lot, please.
How many nuts would you like with that?
A few. They're good for me!

3 1.10 Look, listen and follow. Then make your own questions and answers.

Quantifiers

How	much	milk toast jam	would you like?	Not much. A little. A lot.
	many	apples raisins nuts		Not many. A few. A lot.

Look

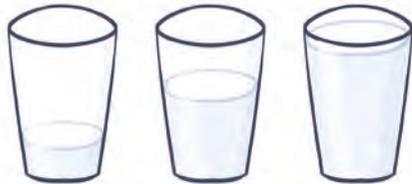
- Not much / Not many ✓
- A little / A few ✓✓
- A lot ✓✓✓

4  **Talk Partners** Take turns to ask and answer. 

How much milk would you like?

Not much.

1 How much  would you like?



2 How many  would you like?



3 How much  would you like?



4 How many  would you like?



5  **Talk Partners** Imagine you're having breakfast with your friends. Talk about how much you want. 



How much apple juice would you like?

A lot, please. I love apple juice. How many nuts would you like?

Just a few, please.



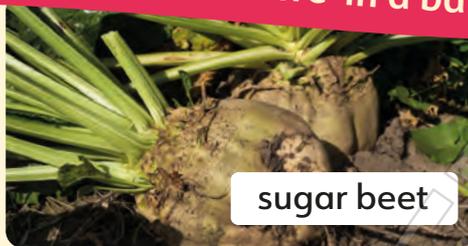
How much do you know about

Sugar?

Where is sugar from? • How much sugar do I need to eat?
How much sugar is there in a banana?

Sugar comes from plants. In hot countries, farmers grow sugar cane and in colder countries, farmers grow sugar beet.

To get the sugar from the plants, you need to chop the sugar cane or the sugar beet and boil it in water. The sugar goes from the plant into the water. Then you boil the water until it dries and the sugar makes crystals.



sugar beet



sugar cane



crystals

We need to eat a little sugar every day for energy. We can get natural sugar from food that is good for us, for example, fruit. A banana has got about 14g of natural sugar in it.

But some foods have a lot of added sugar, for example, fizzy drinks and cakes. A bottle of fizzy drink can have 40g of added sugar! That's a lot, and this is bad for us.

Before you read

1 Do you know where sugar comes from?

After you read

2 Read and listen. Answer *True* or *False*.

- 1 We need sugar for energy. True.
- 2 To get sugar, you need to fry the sugar beet or the sugar cane.
- 3 Fruit has got natural sugar in it.
- 4 The *Big Breakfast Bowl* recipe has natural sugar in it.
- 5 You need a lot of nuts and raisins for the recipe.

Scanning

Remember! When we want to find specific information, we **scan** a text.

This means read quickly and look for key words.

What's the first step in the recipe?

Scan the blog and look for the word *first*.





Big Breakfast Bowl



Do you want to make a healthy breakfast? Try this recipe! It's delicious and full of energy – and no added sugars.

Preparation time: 15 minutes

For two people, you need:

- 60g cereal
- a few raisins
- a few nuts
- 1 apple
- 1 banana
- a little milk

- 1 First, wash your hands carefully.
- 2 Next, put some cereal in a bowl and add a little milk.
- 3 Then peel the banana. You don't need to peel the apple, but you need to wash it.
- 4 Chop the fruit into small pieces and add it to the cereal.
- 5 Finally, add a few nuts and raisins.

Remember:

Always read the cereal box and choose a cereal that doesn't have a lot of added sugar.

3 Scan the texts to find the following information.

- 1 How much sugar can be in a bottle of fizzy drink?
- 2 Which two plants do farmers grow for sugar?
- 3 How many apples do you need for the *Big Breakfast Bowl* recipe?
- 4 You put the cereal in the bowl. What do you do next?

4 Read and discuss.

- 1 What foods do you eat that have got natural sugar or added sugar?
- 2 What do you usually eat for breakfast?
- 3 Would you like to make the recipe in the magazine?
- 4 Where can you find other recipes?

What animals do you think are consumers of sugar cane in a food chain?



What are your favourite healthy foods to eat for breakfast?



1 1.12 Listen and choose. Which meal is the family eating: breakfast, lunch or dinner?

2 1.12 Listen again. Which sentences are correct?

- 1 Carla is very hungry.
- 2 Max asks for the tomato sauce and the juice.
- 3 This afternoon, Max is going to play his new video game.
- 4 First, Carla and Max need to do the washing up.



3 1.13 Watch or listen and say. Then practise in pairs.

A: Would you like some more toast?

B: Yes, please.

A: Here you are.

B: Thank you. Can you pass the jam, please?

A: Yes, here you are.

B: And can I have some more apple juice, please?

A: Yes, of course. Would you like some more cereal?

B: No, thank you. I've had enough.

A: Can I have some more milk, please?

B: Oh, I'm sorry. There isn't any more milk!



Asking for things at the table

Would you like some more ...? Yes, please.

Can you pass the ..., please? Yes, here you are.

No, thank you. I'm full. / I've had enough.

Can I have some more ..., please? Yes, of course.

4 **Talk Partners** Make new dialogues.

Go to Activity Book, p.137



Would you like some more rice?



No, thank you. I'm full.

- 1  Read the recipe. Do you think this is a healthy meal?

SMILING OMELETTE



Don't forget to wash your hands before you start!

Preparation time: 10 minutes

Ingredients:

three eggs
a little milk
a carrot
a few mushrooms
a tomato
some toast

Method

- 1 First, wash the carrot, mushrooms and tomato. You need to peel the carrot, but you don't need to peel the mushrooms or the tomato.
- 2 Next, slice the mushrooms and fry them. Then put them on a plate.
- 3 Now mix the eggs and add a little milk.
- 4 Pour the eggs and milk into a frying pan. Fry the omelette for three minutes. Be careful! Don't burn it.
- 5 Put the omelette on a plate. Chop the carrot to make eyes and a nose.
- 6 After that, chop the tomato and add it to make the mouth.
- 7 Finally, add the mushrooms to make the hair.
- 8 Eat the omelette with toast. Delicious!

- 2  Read the recipe again and answer. 

- 1 Do you need nuts for this recipe?
- 2 How many eggs do you need?
- 3 Which vegetables do you need to peel?
- 4 Do you need to cook the tomatoes?

- 3 Look at the recipe again and answer. 

- 1 How many ingredients and how much time do you need for this recipe?
- 2 Put the pictures in order for the recipe.



- 4  Plan and write a recipe.

Go to Activity Book, p.17

Writing a recipe

When we write a recipe, we give a list of **the food we need**. We call these **ingredients**. We also write **how long** the recipe takes and give **instructions**. These are the **preparation time** and the **method**.

There are numbers and words to help you know what order to do things in, e.g. *first*, *next*, *then*, *after that*, *finally*.

What do you know now? 

Think about Unit 1.

Go to Activity Book, p.20

Review

1 Look at the diagram and take turns to ask what the children did in the summer.



Did Ella go to a water park?

No, she didn't.

Did Samir and Ella cook a meal?

Yes, they did.

2 Look at the two recipes. How many differences can you find?

In recipe one, you need to peel the apples.

In recipe two, you don't need to peel the apples.

Apple Tart – Recipe 1



Roll out pastry.



Wash the apples and peel them.



Chop the apples, add a little sugar and cook them.



Put the apples in the pastry and cook the tart.

Apple Tart – Recipe 2



Roll out pastry.



Wash the apples and chop them.



Put the apples in the pastry and add a lot of honey.



Add a few raisins and cook the tart.



Roll out is a phrasal verb. It has a verb and a preposition. Are any of these phrasal verbs? put on ride a horse look for dress up play video games



- 1 Decide who is Pupil A and who is Pupil B.
- 2 Pupil A tell Pupil B about your picture. Find the differences.



- 3 Pupil B tell Pupil A about your picture. Find the differences.



In my picture, the boy is wearing a red T-shirt.

In my picture, he's wearing ...