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Unit 2 Food and Health

classbook

UNIT
2

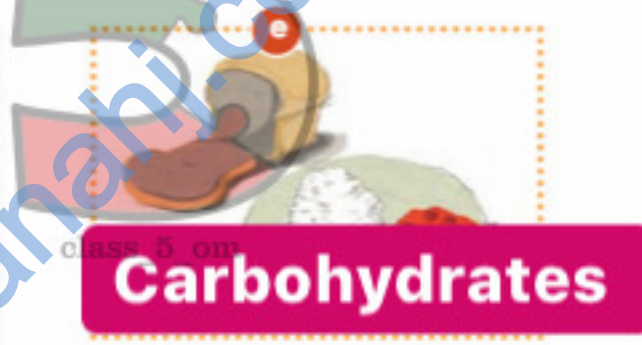
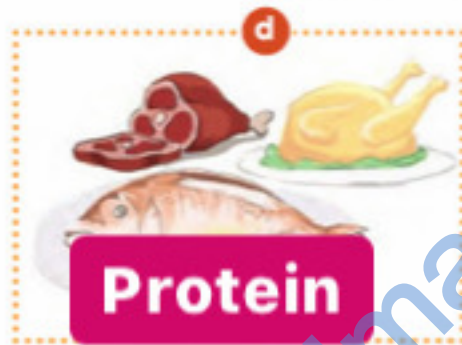
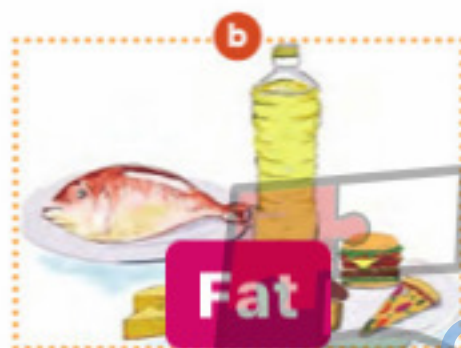
Food and Health

Reading and Understanding

- Yes, I do
- Yes, they are healthy.

1 Look and speak.

What kinds of food can you see? Do you eat these foods? Are they healthy?



2 Read and speak.

Read and discuss the sentences about food.
Is each statement True (T) or False (F)?
Write T or F into your exercise book.

- 1 **F** Eating lots of sugar is good for you.
- 2 **T** Too much fat is bad for you.
- 3 **T** It is important to eat lots of different fruit and vegetables.
- 4 **F** Eating lots of chocolate is good for you.
- 5 **F** Eating fish is bad for you.
- 6 **T** Vitamins are good for you.
- 7 **T** It is important to drink lots of water through the day.

3 Read and match.

Read the texts 1-5 and match them to the pictures a-e from Activity 1.
Write the answers into your exercise book.

A Balanced Diet

It is important to eat a balanced diet. This means eating different types of food to give you energy and to help your body grow.

1 Fruit and Vegetables

Fruit and vegetables contain lots of vitamins and **C** which help keep our bodies healthy. You should eat 5-7 servings a day of fruit and vegetables, and it is important to eat lots of different types.

2 Protein

Protein gives you **D** and helps you grow. There is protein in meat, fish, eggs and nuts, and also in some dairy products like cheese and milk. Protein is good for you. It helps build parts of the body, especially muscles and bones. You should eat 2-3 servings per day.

3 Fat

Fat can be found in foods like oil, butter, cheese, chocolate, cake and ice cream. We should only eat a small amount of fat per day. Some fats are 'healthy fats' for example fat found in oil or fish. Eating too much fat, even healthy fat is bad for you.

4 Dairy

Dairy is found in **A** like milk, cheese and yoghurt. **A** contains calcium which helps keep your bones strong. You should eat 2-3 servings of dairy a day.

5

Carbohydrates

Carbohydrates give us energy and contain lots of nutrients. Some carbohydrates are good for you. They are found in foods like potatoes, bread, rice and pasta. But carbohydrates with a lot of sugar like cakes, biscuits and chocolate are bad for you. Sugar is bad for your teeth and can make you fat. You should eat 3-5 servings per day of carbohydrates.

4 Read and answer.

Read the statements in Activity 2 again.
Use the texts from Activity 3 to check your answers.

Grammar

1 Look and think.

Are these foods healthy or unhealthy?
Write the numbers 1-10 in your exercise book.
Draw a happy face 😊 for healthy food and
a sad face ☹️ for unhealthy food.



2 Listen and read.

Listen to the dialogues 1- 4. Match them to the
pictures a-d.
Write the answers into your exercise book.

3 **a**

Are apples good for you?

Yes, they are.

2 **b**

Is fish good for you?

Yes, it is.

1 **c**

Are cakes good for you?

No, they aren't.

4 **d**

Is lots of chocolate good for you?

No, it isn't.

3 Think.

Read the dialogues in pairs and answer the question

How are **a** and **c** different to **b** and **d**?

4 Speak.

Work with a partner. Make your own dialogues.
Use the foods from Activity 1 and your own ideas.

Are **eggs** good for you?

Yes, they are.

No, they aren't.

Is **ice cream** good for you?

Yes, it is.

No, it isn't.

5 Draw and write.

Think of two countable food nouns and two uncountable food nouns.

يجيب على طالب تركيز مع أستاذ في الشرح

Example:

Countable noun

أشياء قابلة لعد



Sweets are bad for you.

Uncountable noun

أشياء غير قابلة لعد



Fish is good for you.

Listening and Speaking

1 Listen and match.

Listen to the children talking about healthy tips. Match the tips a-e with the children 1-5.



Azza

c



Haitham

a



Aysha

d



Waleed

b



Reem

e

- a I try to eat healthy snacks like fruit instead of chocolate and sweets.
- b I recommend only eating junk food occasionally.
- c I always eat 5 servings of vegetables a day.
- d My healthy tip is to drink lots of water.
- e I eat a big breakfast so I don't eat any snacks before lunch.

class_5_om

2 Discuss.

Discuss the questions about the tips for healthy eating from Activity 1 in pairs.

- 1 Which tips for healthy eating do you like the most?
- 2 Do you follow any of these tips?
- 3 Can you think of any other tips for healthy eating?

3 Do a quiz.

Take the 'Healthy Eating Quiz' on page 19. Ask your partner the questions then calculate their score.

Writing

1 Discuss.

Show your classmates your food diary. Tell them about what you ate.



Day	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				

2 Read and discuss.

Kareem has been trying to eat a healthier diet. Look at his food diary for Sunday to Tuesday and answer the questions.



Day	Breakfast	Lunch	Dinner	Snacks
Sunday	Eggs, brown toast and glass of orange juice.	Salad with tomatoes, lettuce and chicken.	Fish and rice, with peas and carrots.	An apple and some cheese.
Monday	Yoghurt and banana, a glass of milk.	A cheese sandwich and an apple.	Chicken, potatoes and salad. A can of cola.	An orange and a packet of nuts.
Tuesday	Cereal with milk and a glass of orange juice.	Vegetable soup and bread.	Pasta with beef and tomato sauce, and broccoli.	A biscuit. Six tomatoes.

1. Salad with tomatoes, lettuce and chicken

2. Three servings of fruit did Kareem eat on Monday?

3. For dinner on Monday

4. Two any apples did Kareem eat?

5. Yes, A can of cola on Monday and biscuit on Tuesday

3 Read and complete.

At school, Kareem wrote a paragraph about his food diary. Use the information from his diary to complete the paragraph.

Last week, I tried to eat healthy food. On Sunday, for (1) breakfast I ate eggs and brown toast. For lunch on Monday, I ate a (2) cheese sandwich and an apple. I ate salad (3) two times this week, on (4) Sunday and Monday. I also tried to eat lots of vegetables like peas, (5) carrots and broccoli with my dinner. Instead of eating chocolate and crisps, I ate healthy snacks like (6) apples, nuts and cheese. I only drank (7) one can of cola. I think I ate balanced diet last week.


4 Read, think and complete.


Spelling and Punctuation


Remember, **singular** means only one.  **Plural** means more than one. 

Read these sentences and then write the rule.

We say **one tomato** 

but **two tomatoes**. 

We say **one kangaroo** 

but **two kangaroos**. 








When a word ends in **-o**, we make the plural by adding **-s** or **-es**.

Be careful! There is no rule to tell you which words are made plural by adding **-s** or **-es**. You have to try and remember the spelling of words ending in **-o**.

5 Read and complete.

Look at these sentences. Complete them using the correct spelling of the words ending in **-o**.

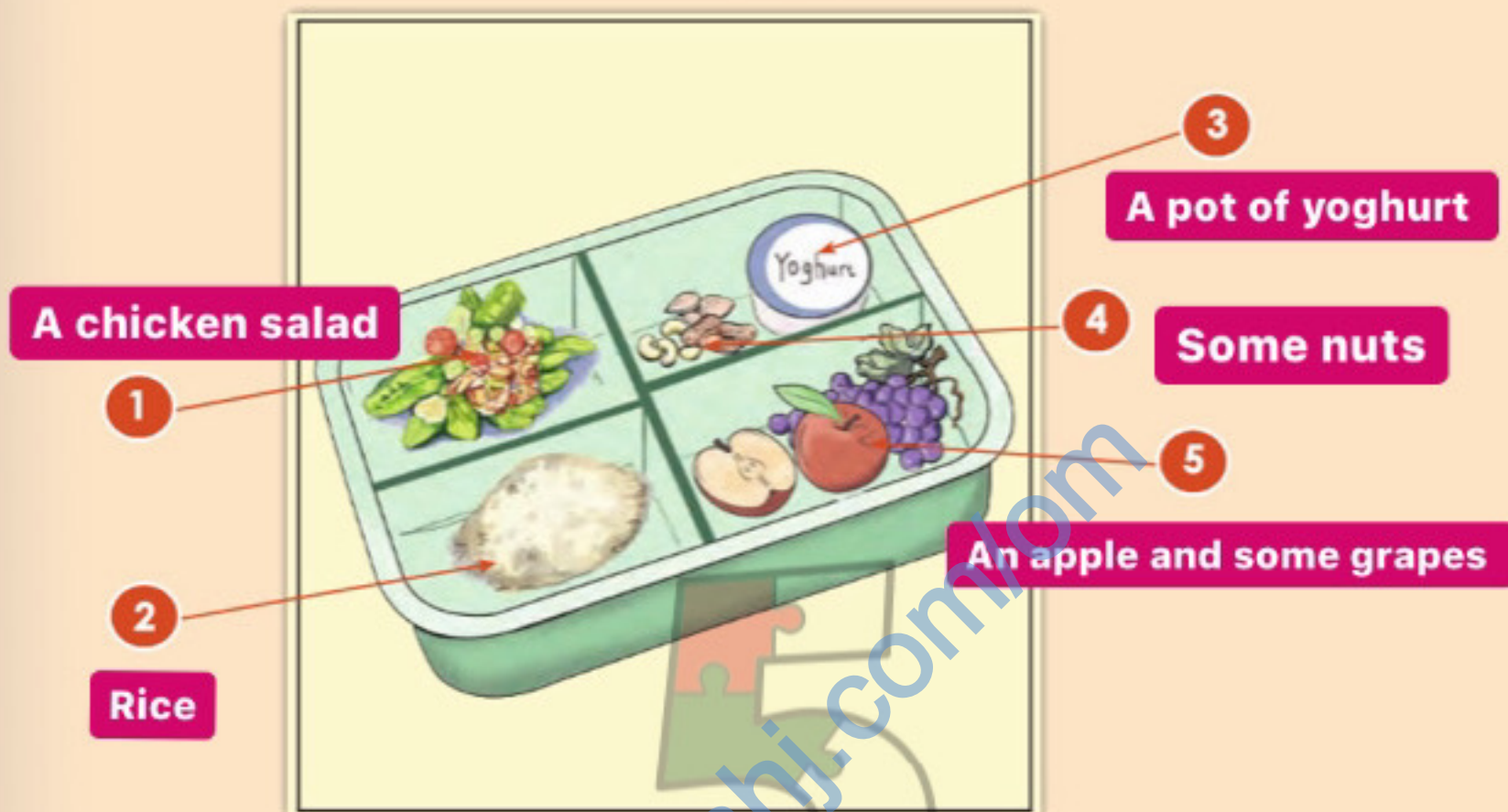
add -s		add -es	
 igloo	 piano	 tomato	 mosquito
 kangaroo	 zoo	 domino	 volcano
 potato			

- There are two **tomatoes** and three **potatoes** on the plate. 
- There are lots of **mosquitoes** near the river. 
- There are three **igloos** in the picture. 
- There are four **dominos** on the table. 
- There are two **pianos** in the picture. 
- There are three **volcanoes** on the island. 
- There are two **kangaroos** in the picture. 

Project

1 Read and label.

Kareem has made a healthy lunch box. Read his description of his lunch box and label the food.



For my healthy lunch box today, I made a chicken salad with lettuce, tomatoes and cucumber. There is some rice to eat with the salad. There is an apple and there are some grapes. There are some nuts for a snack and a small pot of yoghurt.

2 Sort.

Sort the food from Kareem's lunch box into the different types of food.

1 Protein	2 Fruit and Vegetables	3 Carbohydrates	4 Dairy	5 Fat
chicken nuts	lettuce tomatoes cucumber apples grapes	rice	yoghurt	—

Countable

Uncountable

Which food words are countable (C)? Which are uncountable (U)?

tomatoes
cucumbers
apples
grapes
nuts

lettuce
chicken
rice
yoghurt

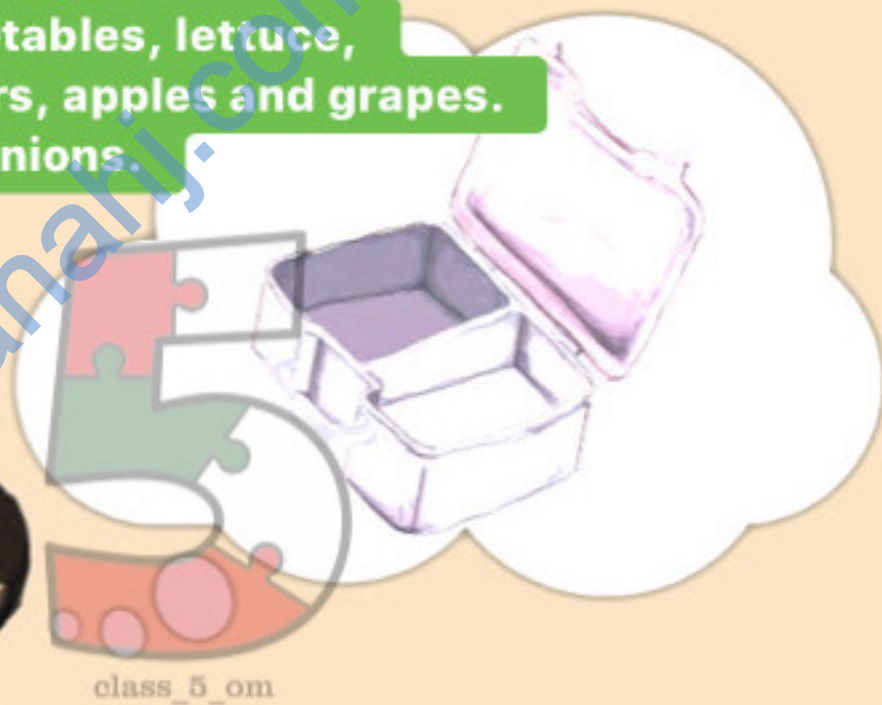
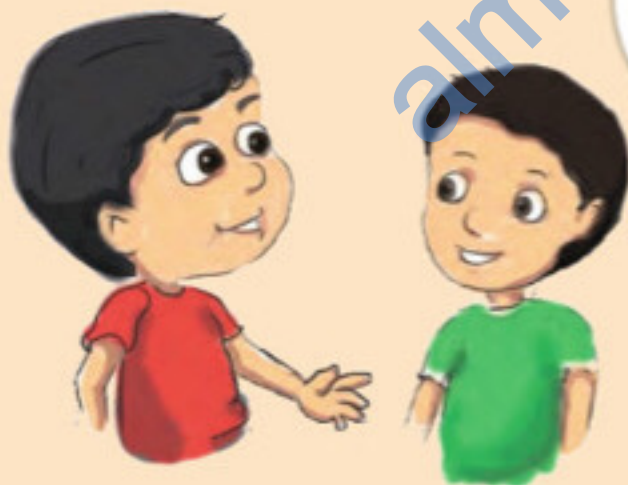
3 Discuss.

Discuss the questions in groups.

- 1 Do you think Kareem's lunch box is healthy? Why? Why not?
- 2 Which foods will give Kareem energy?
- 3 Which foods have lots of vitamins?
- 4 Would you like to eat this lunch? Why? Why not?

4

1. Yes, I do. Because the lunch is very healthy. It has a balance of different foods and there are no foods containing lots of sugar or bad fats.
2. The chicken and unts.
3. The fruit and vegetables, lettuce, tomatoes, cucumbers, apples and grapes.
4. Students own opinions.



5 Project work.

Plan and design your own healthy lunch box. Draw a picture of your lunch box and write a description of it.

1 Read and think.

Read about the smoothies. Match the pictures of ingredients to the correct smoothie.



strawberry Shaker



Green Machine



Zesty Burst



Banana Dream

2 Read and think.

Answer the questions about the smoothies. Write the correct number, Smoothie 1, 2, 3 or 4 into your exercise book.



1



2



3



4

- 3 a Which smoothie contains dairy?
- 2 b Which smoothie has the most ingredients?
- 2 c Which smoothie contains fruits and vegetables?
- 1 d Which smoothie will help if you are feeling sick?
- 3 e Which smoothie is the sweetest?