

Come on! Let's exercise!

Is exercise just for fun? Why is exercise good for us?

Exercise is good for your body.

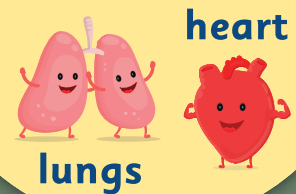


Exercise makes your **bones** and **muscles** strong.



When you exercise, your **heart** works hard. This makes it strong.

Swimming, jogging and cycling make us feel good.



Exercise makes your **lungs** work better. They take in more air when you exercise.

Jumping, dancing and running are good for us!



Exercise is good for your mind.

- ✓ Exercise is good for your **brain**. It makes you feel happy.
- ✓ Exercise helps your memory. It is easier for you to remember what teachers say in class.



A How does exercise help us? Fill in the table.

Organ / Body part	How exercise helps
Bones & muscles	Exercise makes them (1)_____.
Lungs	When people exercise, they take in more (2)_____.
(3)_____	When people exercise, it works hard.

B What good things about exercise does the writer talk about? Tick (✓). (You can choose more than one answer.)

- A. Exercise is good for your brain.
- B. Exercise can make you happy.
- C. Exercise helps you make more friends.

Chinese and Western cooking

What is the difference between Chinese and Western cooking?
Let's find out from Wei Wen and Jenny.

Cooking styles

My grandma usually stir-fries vegetables with soy sauce or garlic. She sometimes fries a whole fish. But her steamed fish is my favourite.



**Wei Wen
(China)**

I like eating baked vegetables such as eggplants with cheese, but we don't always cook our vegetables. We often eat them raw in salads. We seldom eat the whole fish. We eat fish fillets. They don't have bones. Dad usually fries the fillets or bakes them.



**Jenny
(USA)**

Cooking tools

Chinese cooking tools



a wok



a steamer

Western cooking tools



a saucepan



a frying pan



a rice cooker



an oven

You can see these in our kitchen.



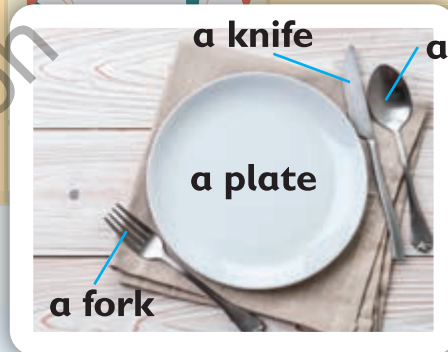
We use different tools.

Eating tools



chopsticks

a bowl



a knife

a spoon

a plate

a fork

We serve rice in bowls and other food on plates. We eat with chopsticks.

We use plates, spoons, forks and knives.

Are these sentences about Wei Wen's or Jenny's family? Circle the correct person.

1 We usually cook a whole fish.



2 We often eat raw vegetables.



3 We eat with a knife and a fork.



4 We eat with chopsticks.



5 We like cooking with a wok.



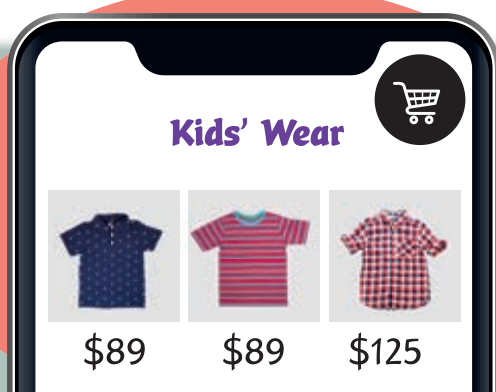
6 We like cooking with an oven.



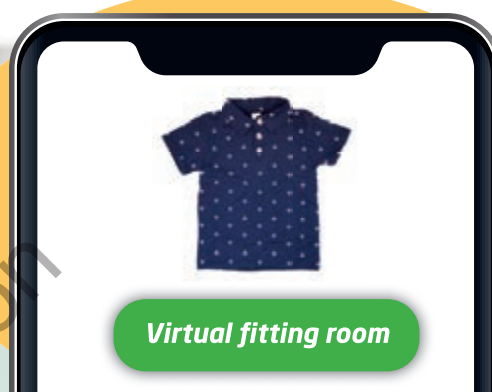
Smart shopping

Are you too busy to go shopping? You can do some online shopping with your smartphone. This can save you a lot of time.

In an online clothes shop, virtual fitting rooms let you 'try on' the clothes. You don't even have to leave your home!



1 Click a clothing item you like.



2 Click 'Virtual fitting room' to try on the clothes.



3 Type in or scroll down to choose your height and weight. Then, the shop helps you find the right size.



4 Take two photos of yourself. Now you can see how you look in the new clothing item.

You can shop for furniture online too!

1 Visit an online furniture shop with your tablet or smartphone. Choose the sofa you like.



2 Turn on the camera. You can see how the sofa looks in your house. You can also choose the colour you like for the sofa!

Online shopping is easy and fun.

Tick (✓) the best answers.

- 1** In a virtual fitting room, you have to type in your ____ .
(You can choose more than one answer.)
- A. name B. age C. weight D. height
- 2** Which is true about online shopping?
(You can choose more than one answer.)
- A. We can do it with our smartphone.
- B. We can see and touch the things before buying.
- C. It saves us a lot of time.