

3

My eating habits

Vocabulary

Types of food

meat

1 steak

2 pork

3 beef

4 chicken

fruit

5 grapes

6 cherries

7 lychees

8 longans

noodles /
pasta

9 spaghetti

10 macaroni

vegetables

14 lettuce

15 broccoli

11 carrots

16 peas

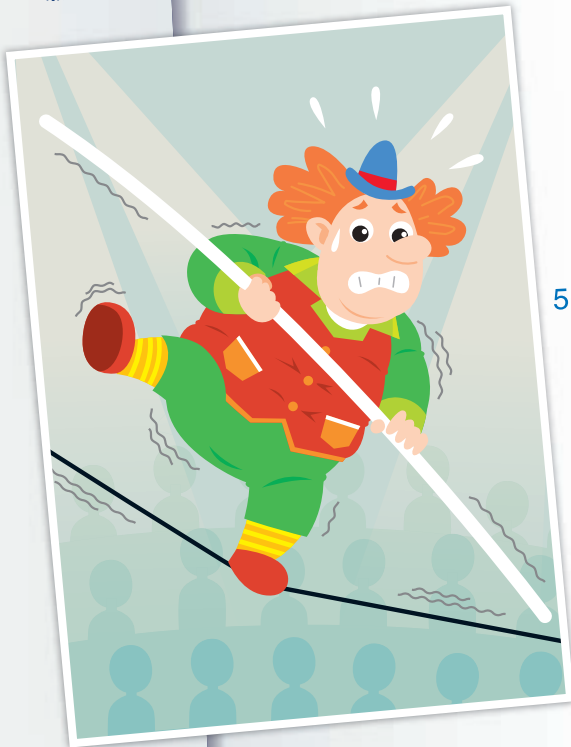
12 tomatoes

17 beans

13 potatoes

Read the diary entries.

Alan's diary entry



14th May

cloudy

I love being a tightrope walker with Jolly Circus. It is the most exciting job in the world!

It is hard work so I am always very hungry
 5 after a performance. Luckily, the food is really good. I eat a lot of fried noodles with beef, pork or chicken. They are delicious! The trouble is now my outfit is tight and it is getting harder to walk on the tightrope.

Bella's diary entry

10 16th May

rainy

I almost fell during my performance this afternoon. It was terrifying! It was really hard to hold onto the swing because I felt

15 so weak.

I don't understand why I feel this way. I eat salad for lunch and dinner every day. I put a lot of lettuce and a little broccoli in a

20 bowl. Then I put a few peas on top. It is tasteless, but it helps me to stay slim.



Mark's diary entries

17th May

cloudy

I gave two of my performers diet advice today. Alan is overweight. He needs to eat fewer noodles, less meat and more fruit and vegetables. This will help him lose weight. 25

Bella is too thin and always feels very weak. She needs to eat more meat, rice, noodles and pasta. She needs to have a balanced diet. This will make her stronger. 30

I hope they will take my advice!



12th July

sunny

Today was our best show ever! Alan walked across the tightrope backwards. Bella did all her swing tricks perfectly. It is marvellous what a healthy diet can do! 35



Values

Eat healthily

What do you think about Mark's diet advice? Imagine you are Mark, what advice will you give Alan and Bella on 17th May?



Post-reading

Read the diary entries again. Match the opinions below with the person.
Tick (✓) the boxes.

Underline the sentences in the text that show the following opinions.



1

Opinion	Alan	Bella	Mark
(a) Circus performers need to stay thin.			
(b) A healthy diet helps you perform well.			
(c) Circus performers need a balanced diet.			
(d) Salad doesn't taste good.			
(e) Jolly Circus performers eat delicious food.			
(f) Tightrope walkers have the most exciting job in the world.			

Answer the questions. Choose the best answers.

2 Alan's outfit is too ____ .

- A. dirty
 B. big
 C. old
 D. small

3 Mark wants Alan to eat more ____ .

- A. meat
 B. noodles
 C. pasta
 D. vegetables

4 Bella is weak because she ____ .

- A. doesn't eat enough vegetables
 B. eats too little
 C. doesn't eat dinner
 D. doesn't exercise

Finish Alan's text message. Write ONE word from the diary entries for each blank.

5



17 May 10:30 p.m.

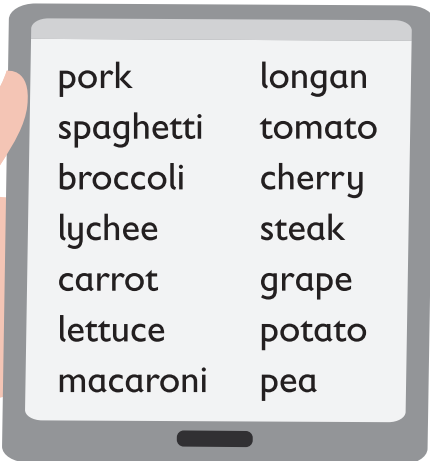
Mark talked to me today. He said I must (a) _____ weight.
I think he is right. The next (b) _____ is in July.
I want to do well so I must eat more (c) _____ food.

Language focus 1

I ate	a lot of	lettuce / peas.
	a few	peas.
	a little	macaroni.

a lot of → plural countable and uncountable nouns
 a few → countable nouns
 a little → uncountable nouns

A Are these food items countable or uncountable? Write. Add 's' for the countable nouns.



B The children are talking about what they had for dinner last night. Finish what they say.

e.g.



I ate a lot of broccoli, a little fish, a lot of rice and a few cherries.

1



2



3



4



Language focus 2

You need to eat	fewer more	vegetables.
	less more	meat.

more → plural countable and uncountable nouns
 fewer → countable nouns
 less → uncountable nouns

The school nurse is giving advice to the children. Look at her notes about what they should eat for lunch and finish what she says.

e.g.

Name: Anson

↓ rice

↓ meat

↑ fruit

You **need to** eat **less** rice and **less** meat. You **need to** eat **more** fruit too.



1

Name: Mandy

↑ rice

↑ vegetables

↑ meat

You **need to** eat ...



2

Name: Betty

↓ pasta

↓ meat

↑ vegetables

↑ fruit

↓ sweets

You **need to** eat ...



Your turn

What did you eat yesterday? Tell your classmate and give advice to each other.



Listen for amounts



a lot of, a big / large plate of ...



a few




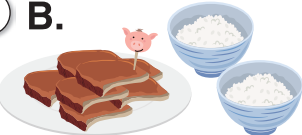

a little






a small / tiny plate of ...

A Listen to the story and choose the correct pictures.




1

- A. 
- B. 
- C. 

2

- A. 
- B. 
- C. 

3

- A. 
- B. 
- C. 

B Two children are talking at recess. Act out the conversation.



Person 1: What do you have in your snack box today?

Person 2: I have chicken wings and chips.

Person 1: It's better to eat less fried food.

Person 2: But fried food is so yummy!

Person 1: It's a good idea to develop a habit of eating fruit. It's yummy too!

Person 2: You're right. I'll try to do that.



Give advice

- It's better to ...
- It's a good idea to ...
- It's important to ...

Phonics

ea

steak

great

(long 'a')

Listen to the words. Pay attention to the vowel sounds. Circle the odd one out.

1 steak teach sea

2 bean beach break

3 meat great read

The letters 'ea' can make the long 'a' or long 'e' sound.

What is it?

There is different information on a food packaging. The information tells us more about the food we buy (e.g. nutrition facts).



- A** Finish what the boy says with the words from the food packaging on p.33. Fill in one word for each blank.



I like to drink Green Lab Almond Milk because it is healthy. It has a lot of **(a)**_____. It is good for my bones. It tastes very good because it is made with **(b)**_____ almonds. The best thing is that there is only 2.5 g of fat in **(c)**_____ cup. It won't make me fat.

- B** Answer the questions. Write and tick (✓) the best answers.

- 1 How many ingredients are there in the almond milk? _____
- 2 Find a word from the food packaging which means 'there is no sugar'. _____
- 3 Where is the almond milk made in? _____
- 4 Which of the following is NOT true?
 - A.** 1 serving of the almond milk has 1 g of protein.
 - B.** There are four servings in one carton of the almond milk.
 - C.** We need to keep the almond milk cold after opening it.
 - D.** The almond milk does not contain any fat.
- 5 What kind of information can we find on the food packaging? (You can choose more than one answer.)
 - A.** the price of the almond milk
 - B.** how much calcium we need each day
 - C.** the amount of sodium in the almond milk
 - D.** where the almond milk is from

Try
this

Look at the food packaging of your favourite snack. Is it a healthy snack? What is it made of? Tell your friends.

4

A balanced diet

Vocabulary

Food groups

sugary food

2 pancakes

salty food

3 bacon

1 cookies

4 instant noodles

fried food

5 fried fish balls

6 fried drumsticks



Food pyramid

Vocab booster

More words on pp.83–84!

dairy products

7 milk

8 cheese

9 yoghurt

Oil, salt and sugar

meat and fish

fruit

vegetables

grain products

advantages to health



10 give us energy



11 give us strong bones



12 keep us healthy



13 help our muscles grow

disadvantages to health



14 cause heart disease / skin problems



15 make us fat

Read the article.

KidsZine | June 20XX

Ask Doc!

In this month's issue of *KidsZine*, Dr Tam answers students' questions about diet.



1

'I don't like drinking water because it has no taste. Can I drink cola instead?' — *Tim, 7*



=

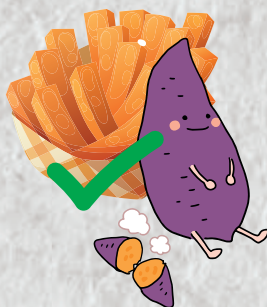


One can of cola contains 39 grams of sugar! This amount of sugar is bad for your teeth. Too much sugar also makes us fat. You need to drink water instead, at least eight glasses a day.



2

'Vegetables keep us healthy. French fries are made from potatoes. Can I eat French fries every day?' — *Sally, 8*



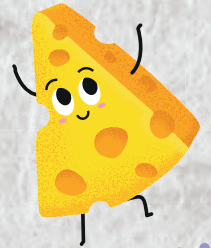
Fried food is bad for your skin and makes you fat. Plus, French fries aren't good for your heart because they are salty. You can bake sweet potato fries instead. They are tasty, and high in fibre and vitamin A. Fibre helps you digest food and vitamin A is good for your eyes and your skin.

3

'Dairy products give us strong bones so they are good for us. Can I eat cheese with every meal?'
— Jessica, 9



Cheese has lots of protein and calcium, but it is high in fat too. This can cause heart disease so don't eat too much cheese every day.



4

'I don't eat any grain products because I don't want to get fat. I only eat chicken and vegetables. Is this OK?'
— William, 12



Grain products give us energy, so we should eat them every day. Meat has lots of protein, and protein is good for your muscles. However, don't eat too much meat because it can cause heart problems.



Fruit and vegetables

Eat at least five portions of fruit and vegetables per day.

Grain products

Choose healthy options such as brown rice and bread.

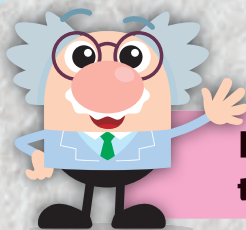
Dairy products

Eat low-fat and low-sugar dairy products.



Meat and fish

Don't eat meat with a lot of fat or salt such as ham and sausages.



Eat food from all four groups in the proper amounts every day.

Values

Have a balanced diet

How can you make your diet more balanced?



Post-reading

Read the article again. Complete a summary of Dr Tam's advice on diet.

Dr Tam's advice

- 1 Cola is bad for your (a) _____ because it contains a lot of (b) _____. Drink (c) _____ glasses of (d) _____ every day instead!
- 2 French fries are bad for your (a) _____ and (b) _____. Eat baked (c) _____ instead because they contain (d) _____ and (e) _____!
- 3 Cheese is good for your (a) _____ because it contains (b) _____ and (c) _____. Don't eat too much because it has a lot of (d) _____ and can cause (e) _____ disease!
- 4 Grain products are important because you get (a) _____ from them. Meat is good for your (b) _____ because it contains (c) _____. Just don't eat too much!

Answer the question. Choose the best answer.

-  5 Which of the following is NOT true about the article?

- A. It tells us why some types of food are bad.
- B. It tells us why some types of food are good.
- C. It tells us why some students don't have a balanced diet.
- D. It tells us to be careful about the amount of food we eat.

Can you find examples to support these ideas?

Language focus 1

Grain products give us energy	so	they are good for us.
Fried food makes us fat		it is bad for us.

We need to eat enough grain products **such as** rice, pasta and bread.

Use **such as** to give examples.

The children are talking about healthy eating. Finish what they say.

bad for our teeth give us strong bones keep us healthy make us fat

Grain products give us energy so they're **good** for us. We need to eat enough grain products **such as** rice, pasta and bread.

Fried food ... so it's ... We need to eat less ...

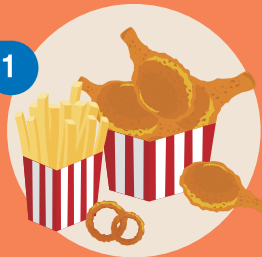
e.g.



grain products

→ rice, pasta, bread

1



fried food

→ French fries, fried drumsticks

2



sugary food

→ cookies, sweets, chocolate

3



dairy products

→ milk, yoghurt, cheese

4



fruit and vegetables

→ lettuce, tomatoes, strawberries

Language focus 2

Don't eat	too much	bacon.
	too many	cookies.

too much + uncountable nouns = more than what we need
 too many + plural countable nouns

The children are talking to their parents about what snacks or drinks they had. Finish what they say.

fried food salty food sugary food

too many too much

e.g.

I drank three cans of cola.



Soft drinks are bad for your teeth. Don't drink **too much** cola.

1

I ate two bowls of ...



... is bad for your ... Don't eat ...

2

I ate five ...



... is bad for your ... Don't eat ...

3

I ate three ...



... is bad for your ... Don't eat ...

Your turn

What snacks or drinks did you have today? Tell your friend.

I ate ten fried fish balls this morning.



Fried food is bad for your health. Don't eat too many fried fish balls.



Listening & Speaking

- A** Listen to what the teachers say in the programme. Choose their main ideas. Tick (✓).



Listen for main ideas

Listen to the whole speech. What is the most important message?

1



- A. Students' eating habits are OK.
 B. Students don't eat enough vegetables.
 C. Students eat fruit every day.

2

- A. Students eat too many snacks.
 B. Students don't eat fruit.
 C. Students don't eat healthy snacks.



3



- A. Students eat too much at snack time.
 B. Students eat too much fried food.
 C. Drumsticks are very popular among students.

- B** Two boys are discussing how to improve the tuck shop at school. Act out the conversation.



Give examples

- like
 such as
 for example



: What suggestions do you have for our tuck shop?

: I'd like to have more variety of snacks **like** steamed buns and fruit cup.

: What about drinks?

: It'd be great to have healthy drinks **such as** soya milk and coconut water.

Phonics

ea

meat

teach

(long 'e')

ea

healthy

head

(short 'e')

Which sounds do the letters 'ea' make? Listen and tick (✓).

	1 meat	2 bread	3 heavy	4 bean	5 beach	6 sea
long 'e' as in 'clean'						
short 'e' as in 'head'						

Can you hear that the letters 'ea' can make the **long 'e'** and **short 'e'** sound?

Task

Write an article about how to improve my diet

STEP 1 ▶ Let's read

Writing skill

Write topic sentences

A topic sentence is a sentence that tells the readers the main idea of a paragraph. Try to start each paragraph with a topic sentence.

How I can improve my diet

Problems with my diet

Actions

Do I eat enough food that is good for me, e.g. fruit and vegetables?

Do I eat too much food that is bad for me, e.g. sugary food?

What do I need to eat more of / less of?

Why is this food group good?

How much do I eat now?

Why is this food group bad?

How much do I eat now?



grain products



fruit & vegetables



meat & fish



dairy products



sugary food



fried food



salty food

Think about two areas of your diet that you want to improve.



STEP 2 ▶ Let's practise

Choose the best topic sentences for paragraphs two, three and four.

Mum cooks a big plate of vegetables for me every day.

Here are the ways to improve my diet.

I am good at baking.

I don't eat enough fruit and vegetables.

I eat too much sugary food.

Introduction:

Tell the readers your topic (the purpose of the text).

It is important for everyone to have a healthy diet. Here are the ways I would like to improve mine.

I only eat a little fruit and a few vegetables every day. For example, last night I ate a few beans and a little lettuce. After dinner, I had a few grapes. I need to eat more fruit and vegetables because they are good for me. They keep us healthy.

Body

Every day, I have cookies and a cupcake for afternoon tea. Too much sugary food is bad for my teeth and makes me fat.

I need to eat five portions of fruit and vegetables every day. I also need to eat less sugary food. I need to have healthier snacks such as low-fat yoghurt and steamed buns.

Conclusion:

What final comments do you want to add?

It won't be easy to change my diet but I will try my best. I will ask my mum to help me!



STEP 3 ▶ Let's write

Write about how you can improve your diet. You can give a presentation and make a video of it.

Ch 3



- ... talk about **types of food**.
- ... use **a lot of**, **a few** and **a little** to talk about quantities of food (e.g. **a lot of lettuce / peas, a few peas, a little macaroni**).
- ... use **need to** to give advice (e.g. **You need to eat ...**).
- ... use **fewer**, **less** and **more** to give advice about quantities of food (e.g. **fewer / more vegetables, less / more meat ...**).
- ... understand the features of **food packaging** (e.g. ingredients, product information, expiry dates).

Ch 4

- ... talk about **food groups**.
- ... use **good for** and **bad for** to give advice (e.g. **Grain products are good for us. Fried food is bad for us**).
- ... use **such as** to give examples (e.g. **We need to eat enough grain products such as rice, pasta and bread**).
- ... use **too much** and **too many** to talk about quantities of food (e.g. **Don't eat too much bacon / too many cookies**).

Task

- ... write an article about how to improve my diet.
- ... write topic sentences.