

# 1

## People who help us

### Vocabulary

### Illnesses

#### In the clinic

1 a fever

2 a sore throat

3 a cough

4 a cold

#### Reception

### Injuries

#### In the hospital

9 bang my head

10 scrape my knee

11 scrape my elbow

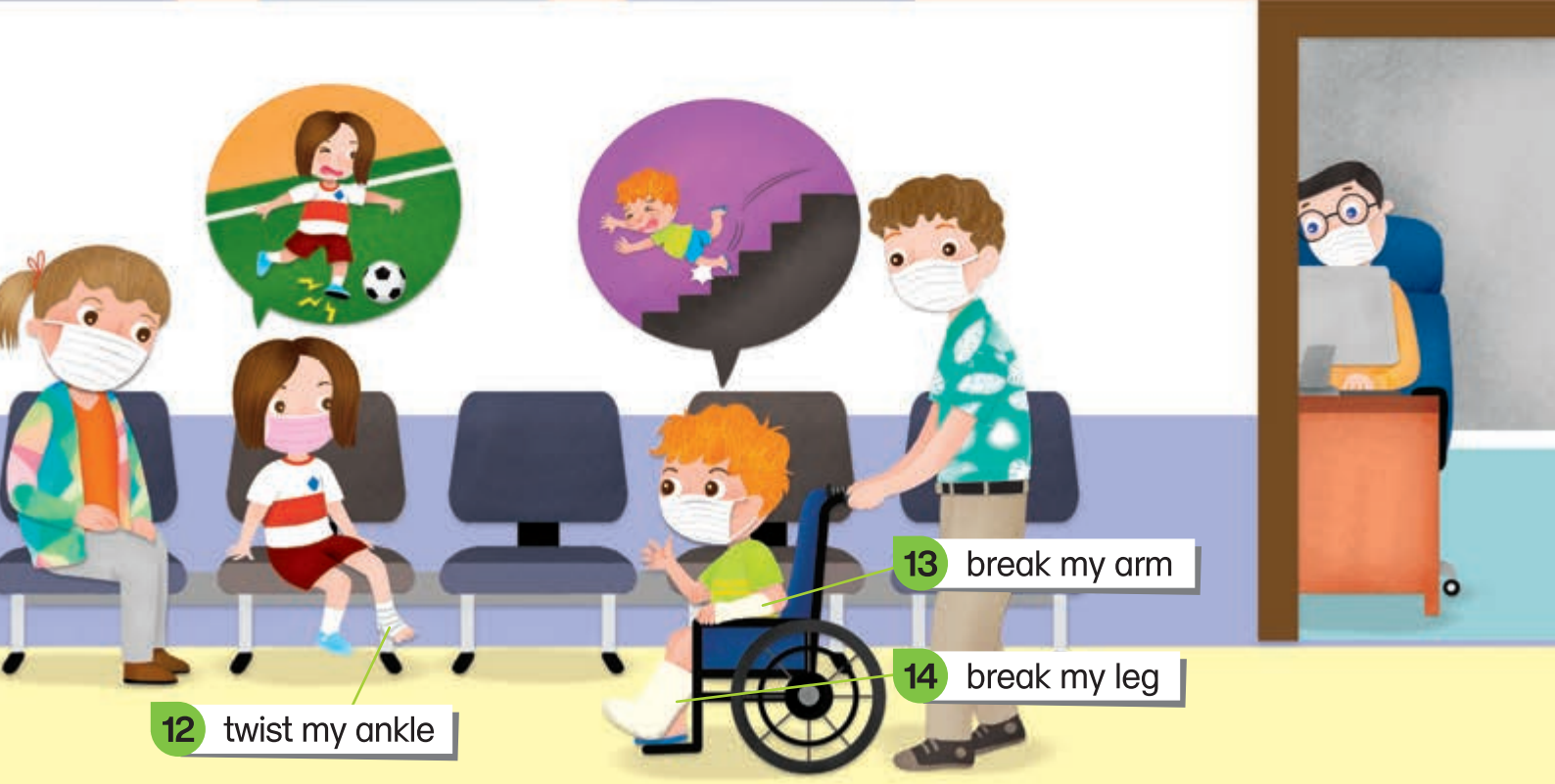


5 a toothache

6 a headache

7 a stomachache

8 the flu



12 twist my ankle

13 break my arm

14 break my leg

Read the story.



Jason had to do a presentation on an important job. Miss Li assigned him the job of nursing. She gave him a biography of a famous nurse.

## Florence Nightingale – a biography



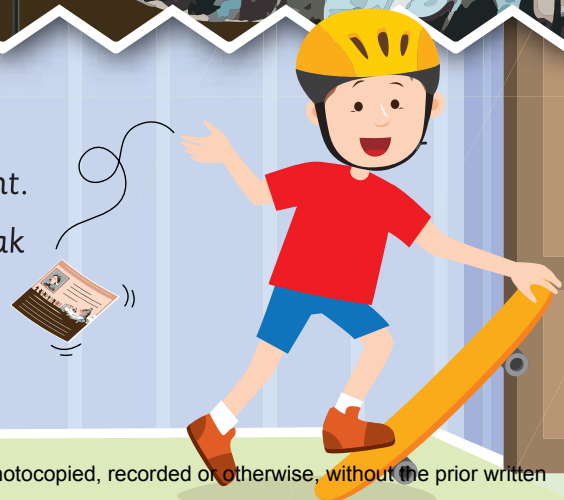
5 Florence Nightingale was born in England in 1820. Her family was rich but she didn't dream of going to fancy parties like other girls. She dreamt of helping others instead. In 1851, she went to Germany to study nursing.

In 1854, many British soldiers got hurt in a war.  
 10 Florence went to help. At night, she walked around with a lamp checking on the soldiers. They called her the 'Lady with the Lamp'.



'Boring!' Jason said out loud. 'I'd rather talk about a video game designer!' he thought.  
 15 He grabbed his skateboard. He needed a break from his homework.

\* \* \*



On the way to the park, Jason didn't see a crack in the pavement. One second he was zipping along on his skateboard. The next, he was  
20 on the ground. Ouch!

\* \* \*

Jason's mum took him to the hospital. Nurses were hurrying from patient to patient. One of them stopped to check on Jason.

'I'm Nurse Fu,' she said. 'What's the matter?'

'I've scraped my knee and cut my finger,' answered Jason. 'Oh, how did it happen?' asked Nurse Fu. 'I fell off my skateboard,' said Jason.  
25

'I'll fix you up!' said Nurse Fu. She cleaned Jason's knee and put a bandage on it. Then, she wrapped his finger in a plaster.



'How do you feel?' Jason's mum asked in the car.

'Much better! Nurse Fu told me to rest at home today,' Jason said.

\* \* \*

At home, Jason finished his presentation on nursing. Now he understood why it is such an important job!  
30

Values

Respect people who help us

Who has helped you recently? How can we show our respect to people who help us?



## Post-reading

Read the story again. Give short answers.

1 Why did people call Florence Nightingale 'The Lady with the Lamp'?

Because \_\_\_\_\_.

2 Was Jason interested in Florence Nightingale at the beginning of the story?  
Underline the sentence that tells you the answer.

\_\_\_\_\_

3 How did Jason get hurt?

He \_\_\_\_\_.

4 Find a word in the story which means 'moving very quickly'.

\_\_\_\_\_

Answer the questions. Choose the best answers.

 5 In line 15, which meaning of 'break' is correct here?

**break** /breɪk/

*noun*

1. a short period of time when you stop working, e.g.

*The workers took a thirty-minute tea break.*

2. a space, hole, crack, etc. in something, e.g.

*Light entered the room through a break in the wall.*

*verb*

3. to stop for a short time, e.g.

*Let's break for lunch now.*

4. to separate something into two or more pieces, e.g.

*Tony stepped on the stick to break it in half.*

Read the whole sentence carefully.

A. 1       B. 2       C. 3       D. 4

6 Choose the best title for the story.

A. A famous nurse

B. A bad accident

C. Jason's lesson

D. A presentation

# Language focus 1

What's the matter?

I've got a toothache.

I've got = I have

The children are visiting the doctor. Finish what they say.

cold cough sore throat stomachache

e.g.



What's the matter?

I've got a fever.



Your turn

Get into pairs and do a role-play. Take turns to be the doctor and the patient. Think of some advice for the patient.

What's the matter?

I've got a stomachache. My stomach hurts so much.

You should eat congee and drink warm water. You shouldn't have cold drinks.

# Language focus 2

I've | scraped | my knee.

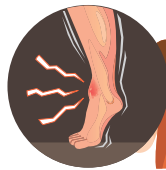
Subject pronouns	Object pronouns
I	me
he	him
she	her
they	them
we	us

The doctor	told	me	to	rest in bed.
		him	not to	go to school.
		her		

Some children are absent from school. The children and their family members are calling the class teacher. Finish what they say.

Hi, Mr Ma. I've twisted my ankle.

The doctor told me to get some rest and not to do sport.



e.g.

## Patient's Record

**Name:** Kenny Chan

**Problem:**  
twisted his ankle

**Advice:**  
1) get some rest  
2) don't do sport



Oh dear! I hope you'll get well soon.

1

## Patient's Record

**Name:** Alice Wong

**Problem:**  
banged her head

**Advice:**  
rest in bed for one day



My daughter has ...  
The doctor ...

2

## Patient's Record

**Name:** Mike Lam

**Problem:**  
burnt his arm

**Advice:**  
1) rest the arm  
2) don't make it wet



My grandson ...  
The doctor ...

3

## Patient's Record

**Name:** Pam Li

**Problem:**  
broken her leg

**Advice:**  
1) rest in bed  
2) don't go to school



I ... The doctor ...

Your turn

When was the last time you had an accident? What was the matter? What did the doctor tell you to do? Tell your friends.

# Listening & Speaking



## Understand the speaker's feelings

Pay attention to what speakers say and how they say it.

### A Listen to the telephone conversation and choose the best answers.

- 1 Joe says, 'Oh well.' How does he feel?  
 A. alright     B. annoyed     C. disappointed     D. excited
- 2 How does Mark feel?  
 A. excited     B. sad     C. sorry     D. surprised
- 3 Mark says, 'No way!' What does he mean?  
 A. He is angry with Mum.     B. He doesn't know the way to the rink.  
 C. He doesn't like ice-skating.     D. He doesn't believe Joe.

### B A boy is calling his friend on the phone. Act out the conversation.



- : Hello. May I speak to Sally, please?
- : Speaking.
- : Hi, Sally. You didn't come to school today. **What's the matter?**
- : I wasn't feeling well.
- : **Are you alright?**
- : I've caught a cold.
- : I'm sorry to hear that. I hope you'll get well soon.



#### Show your concern

- What's the matter?
- Are you alright?
- What's wrong?

## Phonics

augh

caught

ough

thought

Listen and say the words. Then put them in the correct places.

caught    thought    taught    bought    naughty    brought

augh	caught		
ough	thought		

Do the letters 'ough' make the same sound as 'augh'?

Now listen and circle the words you hear.



**What is it?**

A pamphlet is a thin book. It gives us information about something.

The heading

**The flu**

The cover



Best Medical Centre

The organisation that produces the pamphlet.

Subheadings divide the information into sections.

**What is the flu?**

The flu is an illness caused by flu viruses. The viruses attack the nose, the throat and sometimes the lungs. The flu is more common in Hong Kong from January to March / April and from July to August.

**Symptoms:**

- fever
- cough
- sore throat
- runny nose
- muscle pain
- headache
- feeling tired



You may also have:

- vomiting 
- diarrhoea 

**How to treat the flu:**

- Stay at home
- Have plenty of rest
- Drink a lot of water
- See the doctor if you are very sick

**How to prevent the flu:**

- Get a yearly flu vaccination 
- Keep your hands clean: wash your hands with liquid soap and water or use hand sanitiser gel 

**How to avoid spreading the flu:**

- Cover your mouth and nose with a tissue when you cough or sneeze
- Wear a face mask when you are sick



For more information, visit [www.bmc.org.hk](http://www.bmc.org.hk) or call 2389 89XX.

Inside pages of the pamphlet

**A** What are some symptoms of the flu? Circle the correct pictures.



**B** Answer the questions in complete sentences and tick (✓) the best answers.

1 According to the pamphlet, how often should we get a flu vaccination?

We \_\_\_\_\_.

2 What should we do when we cough or sneeze?

\_\_\_\_\_

3 Which word from the pamphlet means 'to stop something from happening'?

**A.** attack

**B.** treat

**C.** stay

**D.** prevent

4 According to the pamphlet, \_\_\_\_\_.

**A.** we must see a doctor at once when we get the flu

**B.** we mustn't go to school when we get the flu

**C.** the flu is very common in Hong Kong in autumn

**D.** we should use sanitiser instead of soap to clean our hands

**Try  
this**

**Collect a pamphlet or an e-pamphlet about another illness. Discuss with your friends how you can prevent the illness.**

# 2

## Fantastic people

### Vocabulary

### Achievements



Ann Lee

become a film star



1 become famous



2 become popular



3 appear in films



May Tam

become a businesswoman



4 set up a company



5 become successful



Sean Lai

become a businessman



6 set up a charity group

# Famous alumni



Ella Chan

become a scientist



7 appear in magazines



Jack Lau

become an athlete



10 appear in newspapers

9 win a competition / race



Sue Cheng

become a writer



11 win an award



Leo Yu

become a musician



13 appear in TV shows

12 perform on stage / in other countries

Read the magazine article.

Amazing People Magazine

## Quitters never win **and** **winners never quit!**



Life can be hard, but winners never let this get in the way of their dreams!

### **Siobhan Haughey\***

**1** Siobhan was born in the city of Hong Kong in 1997. She has been a swimmer since she was six. At first, she thought it was boring. She cried before every swim. However, she kept at it and slowly fell in love with the sport. When she was in secondary school, she got up early to train at 5 a.m. every day!



**2** Six years ago, Siobhan competed at the Rio Olympics. She didn't win any races so she started training even harder. In 2018, she hurt her leg but she refused to give up. When pools in the US shut down because of Covid-19, she practised in a lake during the cold winter. And her hard work paid off. At the 2022 Tokyo Olympics, she won two silver medals!



**3** Siobhan's never-give-up spirit makes her a role model for people in Hong Kong and around the world.

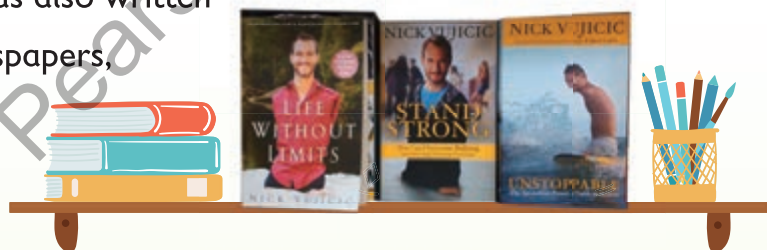
\* Siobhan Haughey is pronounced 'she-vawn haw-hee'.

December 2022

## Nick Vujicic\*\*

4 Nick was born in Australia in 1982 with no arms or legs. At school, some of his classmates bullied him. He felt hopeless and often didn't even want to live.

5 Nick's life hasn't been the same since 1995. That year he read an article about a disabled man who helped others. Nick started working hard at his studies and later he began to give talks at his church. In 2003, he graduated from university. He has been a speaker for twenty-one years. He has also written several books and appeared in newspapers, magazines and two short films.



6 Nick is married with four children. He spends his leisure time swimming, playing football and drumming — activities that others might think are *impossible* for a person like him. Clearly, this word has no meaning for Nick!

\*\* Vujicic is pronounced 'voo-yi-chich'.

### Values

#### Overcome difficulties

What lesson(s) did you learn from reading the magazine article?



Values pledge on pp.95–96

# Post-reading

Read the magazine article again. Complete the table.

Name	Year of birth	Life events
Siobhan Haughey	(a) _____	<ul style="list-style-type: none"> <li>- has been a swimmer since she was (b) _____</li> <li>- first competed at the (c) _____ Olympics in Brazil</li> <li>- won two (d) _____ medals at the 2022 Olympics in (e) _____</li> </ul>
Nick Vujicic	(f) _____	<ul style="list-style-type: none"> <li>- read about a disabled man when he was (g) _____ years old</li> <li>- graduated from university when he was (h) _____ years old</li> <li>- has been a (i) _____ since 2001</li> </ul>

Complete Siobhan's diary entry. Write ONE word from the magazine article for each blank.

2

23-Dec-2020

Today I swam in a (a) \_\_\_\_\_ because the (b) \_\_\_\_\_ were closed. It was cold but I (c) \_\_\_\_\_ hard.

Answer the questions. Choose the best answers.

- 3 What is paragraph 5 about?
- A. an article that Nick read in 1995
  - B. how Nick's life changed
  - C. Nick's studies
  - D. Nick's job

Read the whole paragraph carefully. What is the most important message?

- 4 Read the last sentence on p.16. What does the writer mean?
- A. Nick doesn't know the meaning of the word 'impossible'.
  - B. To Nick, nothing is impossible.
  - C. Nick is very good at playing sports.
  - D. Nick is a very clever person.

# Language focus 1

How long have you has he / she **been** a writer?

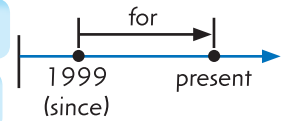
We can use the present perfect tense to talk about things that started in the past and continue to the present.



I have been a writer since 1999.  
He / She has been a writer for 21 years.

**since** + a point in time

**for** + a period of time



## A Yoyo is talking with her relatives at a family gathering. Finish what they say.

e.g. became a teacher in 2015

**1** became a writer in 2018

**2** became an athlete in 2020

**Yoyo** **Aunt Grace** **Uncle Tim** **Jane**

How long **have** you **been** a teacher?

I've **been** a teacher **since** 2015.

## B Yoyo and her brother are talking about their relatives at home. Finish what they say.

How long **has** Aunt Grace **been** a teacher?

She's **been** a teacher **for** eight years.

8 years 5 years 3 years

**Your turn**

Get into pairs. Take turns to talk about your parents or relatives.

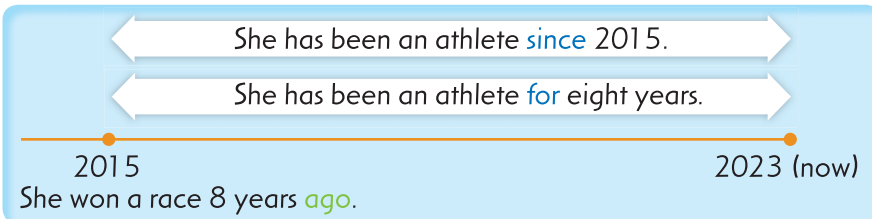
- A** : My father is a businessman.  
**B** : How long has he been a businessman?  
**A** : He has been a businessman for 13 years.



# Language focus 2

She **has been** an athlete **since** 2015.  
**for** eight years.

She **won** a race **in** 2015.  
**eight years ago**.



1997 = nineteen ninety-seven  
 2008 = two thousand and eight  
 2012 = two thousand and twelve /  
 twenty twelve

Use the past tense when we state when something happened.

**The children are doing a school project about people they admire. Finish their writing.**

e.g.

## My wonderful sister — Grace

Grace **has been** (be) a musician **since** 2017. She first  
**performed** (perform) on stage ten years **ago**.



by Dan

1



## Gary: my amazing cousin

Gary \_\_\_\_\_ (be) an athlete **for** 12 years.  
 He \_\_\_\_\_ (win) an international running  
 competition **in** 2014.

by Jenny

2

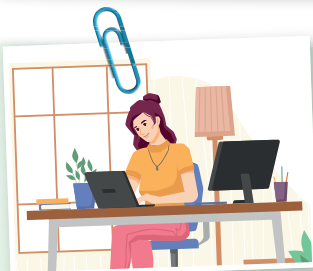
## My brilliant Uncle Danny

Uncle Danny \_\_\_\_\_ (be) a scientist **since**  
 1999. He \_\_\_\_\_ (receive) a scientific  
 award **last** year.



by Pam

3



## My fantastic neighbour — Emily

Emily \_\_\_\_\_ (be) a writer **for** six years.  
 She \_\_\_\_\_ (become) famous **in** 2020.

by Mike

# Listening & Speaking

- A** Listen to the radio programme and complete the details about the singer. Write or choose the best answers.

## Singer Joe Lee

- 1 First performance on stage : \_\_\_\_\_
- 2 Sang on stage for the first time: \_\_\_\_\_
- 3 Joined the TV show *Secret Agent* \_\_\_\_\_.  
 A. a few months ago     B. a year ago  
 C. eight weeks ago     D. last month
- 4 Last concert took place \_\_\_\_\_ months ago.  
 A. 3     B. 6     C. 12     D. 15



### Listen for time

Pay attention to time phrases and years, e.g.  
**half a year** = 6 months



- B** Two friends are talking about who they admire. Act out the conversation.



- Green:** Who do you admire?  
**Blue:** I admire my father because he's really smart. He can fix everything in the house.  
**Green:** My mum is my role model because she's very hard-working. She's a doctor and helps a lot of patients each day.



### Give details to your answers

Add reasons and examples.

## Phonics

**ti** patient  
 ('sh' sound)

**ci** musician  
 ('sh' sound)

What sounds do the letters 'ti' and 'ci' make? Listen and circle the odd one out.

- e.g. patience    patient    parties    1 special    especially    scissors  
 2 impatient    untidy    initial    3 delicious    musician    excited

Listen and say the rhyme.

The musician writes his initials on the patient's leg.  
 They eat a delicious snack together. It's a special egg.



# Task

Write a description of a person I admire

## STEP 1 ▶ Let's read



### Write supporting sentences

We organise ideas into paragraphs. A paragraph starts with a topic sentence. It tells the readers the main idea of the paragraph. Then we give details and examples to support the main idea with **supporting sentences**, e.g.

Supporting detail 2

Topic sentence

Supporting detail 1

**My cousin is very good at sports.** He can play all kinds of ball games.  
He is a member of the school basketball team. He won first prize in the inter-school basketball competition last year.



Supporting detail 3

### Opening paragraph

Tell the readers who your role model is.

### Middle paragraphs

(write about one topic in each paragraph)

#### His / Her job

What is his / her job?

How long has he / she done this job?

#### His / Her talents / achievements

What are his / her talents? What is he / she good at?

What are his / her achievements? Has he / she got any prizes?

#### His / Her character

How would you describe him / her?

### Concluding paragraph

What have you learnt from him / her?



## STEP 2 ▶ Let's practise

Read Sandy's writing. Here are some supporting sentences. What main idea does each sentence support? Write the letters in the brackets.

A. We are never bored when Aunt May is around.

B. Mum once said Aunt May's cakes were better than those sold in famous cake shops.

C. She has to work the night shift sometimes but she never complains.

Aunt May is my role model. She is 46 years old. She is my mother's eldest sister.

Aunt May is a nurse. She has been a nurse for 25 years. Every day, she looks after a lot of patients. I admire Aunt May because she is kind and hard-working. She always says, 'I like my job because I can help others!' ( )



Aunt May is a very talented cook. She can cook yummy Chinese dishes such as sweet and sour pork and chicken in soy sauce. She also knows how to make all kinds of bread and cakes. Her cupcakes and cookies are my favourites. ( )

Everyone in the family likes Aunt May because she has a nice character. She is very patient. She seldom gets angry and she always listens to our problems. Aunt May is humorous too. She likes telling funny jokes. ( )

From Aunt May, I have learnt that I should work hard and help others. I should also be patient with my little brother.

## STEP 3 ▶ Let's write

Do some research about a person you admire. It can be a famous person, a family member or a friend.

Write about him / her and share with the class.

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## Ch 1



- ... talk about **illnesses** and **injuries**.
- ... ask and answer questions about illnesses and injuries (e.g. *What's the matter? I've got a toothache.*).
- ... report what people say (e.g. *The doctor told me to rest in bed / not to go to school.*).
- ... use object pronouns (e.g. *me, him*) correctly.
- ... understand the features of **pamphlets** (e.g. the cover and subheadings).

## Ch 2

- ... talk about **achievements**.
- ... use **How long** to ask about duration (e.g. *How long have you been ... ? I have been ... since 1999.*).
- ... use the present perfect tense with **since / for** (e.g. *She has been ... for 21 years.*).
- ... use the past tense with **ago / in** (e.g. *He ... ten years ago.*).

### Task

- ... write a description of a person I admire.
- ... write supporting sentences to support the main ideas.