## Unit 8: Food and drink

Lesson 1: Favourite food

## 1 Vocabulary

Write the correct word under each food or drink. apples grapes dates sandwiches carrots orange juice bananas

Key Language
Likes and dislikes
I like grapes, but I don't like apples.

## Vocabulary

apples, carrots, dates, orange juice, grapes, bananas, sandwiches, picnic


## 2 Listen Track 58

Listen to a teacher and her students.
Why do they talk about food?

## 3 Listen

Listen again.
Circle what the students like and don't like below.


## 4 Practice

Complete the sentences.
Use the Language Tip to help you.

1 Zara likes apples.

## Language Tip

I like... I don't like...
He / She likes... He / She doesn'† like...
Zara likes apples. She doesn't like bananas.

2 Amna $\qquad$ sandwiches.

3 Zara $\qquad$
$\qquad$ bananas.

4 Amna $\qquad$
$\qquad$ fruit.


What don't you like?

## 5 Talk

Talk to a partner.
Say what food you like and don't like. Write your answers below.

|  | like | don't like |
| :---: | :---: | :---: |
| Me: |  |  |
| My partner: |  |  |

## 6 Talk

Talk in groups.
Tell your group about the food your partner likes or doesn't like.
Is there a food that everyone likes? Yes / No
If yes, what is it? $\qquad$

## Lesson 2: School lunches

## 1 Talk

Do you eat lunch at school? What do you eat? Tell your partner.

## 2 Read

Read about school lunches around the world. Match the texts to the correct pictures.

## Mariam, UAE

1 Every day I have a sandwich with cheese and some juice. I also have an apple. Sometimes I have four dates.

## Lucas, Brazil

2
I like school lunches. Today, we are having vegetables and rice. For dessert, everyone gets a banana and some water.

Noriko, Japan
3 We eat lunch with chopsticks. Today's lunch is soup, rice and fish. We have fruit for dessert. We usually drink milk.

## 3 Read

Find the bold words in the text.

Key Language
Countable/uncountable nouns
I have dates and water.

## Vocabulary

cheese, rice, soup,
vegetable, milk, water
chopsticks:


Write them in the table below.

| We can count it. | We can't count it. |
| :---: | :---: |
| sandwich |  |

Language Tip

## Countable nouns:

We can count them.
Examples: apples and dates

## Uncountable nouns:

We can't count them with numbers. They don' $\dagger$ have a plural -s.

Examples: water and rice

## 4 Talk

You are going to choose a lunch for your partner.
Ask your partner the questions below.

Partner's answers:

## What is your favourite food? <br> What is your favourite drink? <br> What food don't you like?

## 5 Write

Choose food and drink for your partner's lunch.
Use 4 to help you. Write your ideas in the box below.


## 6 Writing

Write sentences about what you chose for your partner's lunch.

Today's lunch is

## Lesson 3: In the kitchen

## 1 Vocabulary

How many food items can you name that go in the fridge? Make a list with your group.


Key Language
Any
Do you have any eggs?

## Vocabulary

fridge, cheese, milk, eggs, fish, meat

## 2 Vocabulary

Match the words to the correct pictures.


| Speaking Tip |  |  |
| :--- | :---: | :---: |
| Practise saying the sounds: | ch | sh |
|  | cheese <br> kitchen | fish <br> shop |

## 3 Listen Track 59

Listen to two boys talking in the kitchen. Number the items in the order you hear them.

Listening Tip
Read the food words before you listen.


4 Listen
Listen to the boys again. Circle the items they have in 3.

## 5 Talk

Choose 3 items and write them in your fridge below.


Do you have any $\qquad$ ?

Yes I do / No I don't.

6 Talk
Guess what is in your partner's fridge. Use yes/no questions.


## Lesson 4: Language focus

## 1 Listen Track 60

Listen and circle the correct words.

Key Language
Some and any
There is some milk.
There isn't any juice.

## Vocabulary

kitchen, cupboard, pizza, bread, juice, hungry

What's in the kitchen? I'm hungry!
There are some ${ }^{1}$ grapes dates.
There are some ${ }^{2}$ apples / eggs.
What's in the kitchen? I'm hungry!
There is some ${ }^{3}$ rice / cheese.
There is some ${ }^{4}$ bread / pizza.

## 2 Talk

Look at the picture below. Say what you see.

## 3 Read

Look at the picture again.
Say if the sentences are True or False.

1 There isn't any juice.
2 There isn't any meat.
3 There aren't any dates.


True / False
True / False
4 There aren't any apples.

| Language Tip | Positive |  |
| :---: | :--- | :--- |
| There is |  |  |
| some | water. |  |
|  |  | bananas. |




## 4 Practice

Read the sentences. Circle the correct answers.

1 There is $\qquad$ milk in the fridge.


2 There isn' $\dagger$ $\qquad$ juice in the fridge. any / some

3 There is $\qquad$ cheese in the fridge.
any / some
4 There are $\qquad$ eggs in the cupboard. any / some

5 There aren' $\dagger$ $\qquad$ apples in the cupboard. any / some

## 5 Listen Track 61

Listen and check your answers.


## 6 Write

What's in your kitchen?
Write four sentences.

> My kitchen

1

2
2

3
4

## Writing Tip

Say where things are.
There is some rice in the cupboard.


## Lesson 5: At the market

## 1 Vocabulary

Look at the food items below.
Put them in the correct boxes.


## 2 Listen Track 62

Listen to the conversation.
Who is talking? teacher and student / customer and cashier

## 3 Listen

Listen again and answer the questions.
1 What does the customer buy?
2 How much does everything cost?

Language Tip

| Singular | Plural |
| :--- | :--- |
| 1 onion | 2 onions |
| 1 tomato | 2 tomatoes |

## 4 Read

Read and complete the conversation.

> Anything else? please. Thank you. Can I help you?

Cashier: Hello. ${ }^{1}$
Customer: Yes. Do you have any tomatoes?
Cashier: Yes. How many?
Customer: Two, please.
Cashier: Here you are. ${ }^{2}$ $\qquad$
Customer: No, that's all.
Cashier: That's twenty dirhams, ${ }^{3}$ $\qquad$
Customer: Here you are.
Cashier:
4
Customer: Goodbye.

## 5 Talk

Read the conversation in 4 with a partner.
Take turns reading each part.

## 6 Talk

Work with a partner. Imagine you are shopping.
One person is the customer and the other is the cashier.
Use the conversation in 4 to help you.


## Lesson 6: Language focus

## 1 Vocabulary

Match the words to the pictures.


## 2 Listen Track 63

Listen to the conversation.
Which drink does Tom want to make?

A tea
B mango juice
C water with lemon

## 3 Listen

Listen again.
Circle the correct words.
1 How much / many mangoes do we need?
2 How much / many water do we need?
3 How much / many chocolate do you have?
Language Tip
How many + countable noun
How much + uncountable noun
How many apples do we need? Two.
How much water do you have? Two bottles.


## 4 Practice

Complete the sentences with much or many.

1 How $\qquad$ water can you see?

2 How $\qquad$ lemons can you see?

3 How $\qquad$ mangoes can you see?

4 How $\qquad$ chocolate can you see?


## 5 Talk

Answer the questions in 4 with a partner.

## 6 Talk

Play the game in pairs.
Choose a square.
Ask your partner a question.
Write your name on the square.
If you get three in a line, you win!

## Language Tip

How much / many $\qquad$ can you see?


## Lesson 7: Food shopping

## 1 Talk

Do you like family parties?
What do you usually eat?

## 2 Listen Track 64

Mona is going to buy food for a family party. Listen and circle what she is going to buy.

Key Language
Food quantities
I'd like a bottle of water.

## Vocabulary

loaf, tub, bottle, carton, packet, can


## 3 Listen

Listen again.

Complete the sentences with a word from the box.

1 A bottle of water.
2 Ten $\qquad$ of nuts.

3 A $\qquad$ of bread.

4 Five $\qquad$ of ice cream.


## 4 Listen Track 65

Listen and check your answers. Repeat each sentence.

## Speaking Tip

When we speak, we say some words more clearly. We say words like 'of' more quickly and quietly.

A bottle of water.

## 5 Vocabulary

Match the words to the pictures.


## 6 Vocabulary

Complete 1-4 with your ideas.
1 A tub of butter

2 A can of $\qquad$
3 A bottle of $\qquad$
4 A packet of $\qquad$ Shopping list

## 7 Talk

Imagine you are buying food for a family party.
What food would you like?
Make a list with your group.


## Lesson 8: School trip

## 1 Talk

When do you eat breakfast, lunch and dinner? What do you like to eat?


## 2 Read

Read what Tariq and Ali say.
Circle the food they both like and dislike. Underline what is different.

## Key Language

I like apples, so l eat them every day.

## Vocabulary

breakfast, lunch, dinner, menu, pasta

## Vocabulary

both: two people or two things
We both like ice cream.


## 3 Read

Tariq and Ali go on a school trip.
Read the menu for their trip.
1 Do you think they like the menu?
I think Tariq ${ }^{1}$ likes / doesn't like the menu.
I think Ali ${ }^{2}$ likes / doesn't like the menu.

2 Why or why not?

## Menu

Breakfast
Eggs

Sunch
Pizza
Ice cream

## Dinner

Rice with vegetables

## 4 Read

Imagine you are going on a school trip.
Read the menus and answer the questions.

1 What is for breakfast on menu B ?

2 What is for lunch on menu A?

3 What is for dinner on menu $B$ ?


## 5 Write

Do you like the food on menu $A$ or $B$ ? Which menu do you like better?

## Language Tip

Use 'so' after saying why.
I like pizza and ice cream, so I like menu A.

I like $\qquad$ so I like menu $\qquad$ .

## Lesson 9: Our menu

## 1 Vocabulary

Write the correct words under the pictures.

| 1 rice | $2$ | 3 | $4$ |
| :---: | :---: | :---: | :---: |
| $5$ | 6 | $7$ | $8$ |

## 2 Read

Look at the restaurant menu.
What is the restaurant called?

## 3 Read

Read the menu.
Answer the questions.
1 The bread comes with $\qquad$ .

## salad <br> butter/ cheese

2 The burger is with $\qquad$ .

## butter / cheese / rice

3 You can have fruit for $\qquad$ .

## dessert / a drink / a starter

4 There is $\qquad$ or apple juice to drink. orange / apple / mango

Key Language With
I like fish with rice.
Vocabulary
starter, main course, dessert, drink, restaurant

## 4 Talk

You are going to make a menu in groups.
Choose a name for your restaurant.

The name of our restaurant is:

## 5 Talk

Choose main courses, desserts and drinks for your menu.
Write them in the spaces below.


## 6 Talk

Describe your menu to another group.
Our restaurant is called...

This is our menu.

The main courses are...

Key Language
Unit 8 language
Vocabulary Unit 8 vocabulary

## 1 Vocabulary

Write the correct word under each food or drink.
 water salad burger juice


## 2 Talk

Ask your partner what food they like / don't like.
Write the answers below.

|  | like | don't like |
| :---: | :---: | :---: |
| Me: |  |  |
| My partner: |  |  |



## 3 Practice

Choose the correct answers.
1 How $\qquad$
2 How $\qquad$
3 How $\qquad$
apples are there? eggs are there? water is there?
much / many much / many much / many


My lunch Every day I have a sandwich with cheese and some salad.
I also have an apple. Sometimes I have some dates. I have Every day I have a sandwich with cheese and some salad.
I also have an apple. Sometimes I have some dates. I have a carton of juice to drink.

True / False
True / False
True / False
$\qquad$

## 4 Practice

Look at the food on the table.
Are the sentences True or False?

1 There aren't any apples.
2 There isn't any butter.
3 There are some dates.

## 5 Read

Read about Amna's lunch.
Answer the questions.
 ,
$\qquad$
1 Amna has a sandwich with $\qquad$ .

3 Amna sometimes has $\qquad$ .

4 Amna has $\qquad$ to drink.
chips / cheese / butter
juice / cheese / dates
juice / water / coffee

## 6 Write

Write about your lunch.
What do you usually have?

Key Language
Saying what's wrong I have a cold.

## Vocabulary

cold, cough, sore stomach, headache

## 1 Vocabulary

Match the words to the pictures.

## Unit 9: Staying healthy Lesson 1: I'm not well



4 sore stomach


## Listening Tip

## 2 Listen Track 66

Listen and circle the correct word.
Read the answer choices before you listen.

1 I have a... a cough
b headache
c cold

2 I have a... a headache
b sore stomach
c cough


3 I have a...
a cold
b fever
c headache

## 3 Talk

Choose a word and act it out.
Can your partner guess the word?
cold cough headache sore stomach


## 4 Talk

Practice the conversation with a partner. Choose a word from 3.


## Key Language

Feel / have
I feel tired. I have a cold.

## Vocabulary

feel sick, feel tired, have a fever, feel better, fine


## 2 Listen Track 67

Listen and check your answers for 1.

## 3 Practice

Complete the sentences with feel / feels or have / has.

1 I $\qquad$ tired.

2 He $\qquad$ a headache.

3 She $\qquad$ fine.

4 | $\qquad$ a cough.

## Language Tip

I feel... He / She feels...

I have... He / She has...

I feel tired. I have a cold. He feels tired. He has a cold.

## 4 Read

Read the sick notes below and circle the correct words.
Dear Ms Fawzeya,
Afrah ${ }^{1}$ feels / has sick today.
She ${ }^{2}$ feels / has a sore stomach.
She will not be at school today.
I hope she ${ }^{3}$ feels / has better
tomorrow.
From,
Afrah's mother

## Dear Mr Brown,

Tom was not feeling well last night so he will not be at school today. Tom ${ }^{4}$ feels / has a fever and a cough. I think he ${ }^{5}$ feels / has a cold.

From,
Tom's father


## 5 Write

Complete the text to write a sick note. Use the notes in 4 to help you.

## Who is the note for?

Why is he/she not well?
He / She $\qquad$ .

I hope he / she feels better tomorrow.
From,
Who is the note from? $\qquad$
$\qquad$
doesn't feel well today.
feel well?
$\qquad$

|  | He / She <br> I hope he / she feels better tomorrow. <br> From, |
| :--- | :--- |
| Who is the note <br> from? |  |

## Lesson 3: Language focus

## 1 Talk

Do you feel healthy?
When do you feel your best?
When do you feel tired?

## Key Language

Can / can't
I can't run fast.

## Vocabulary

far, high, fast, early, strong, run, jump, touch

## 2 Read

Read about Amna.
How does she feel?
Why does she feel like this? Share your ideas.


3 Talk
Circle what Amna can or can't do.


She can swim far.

She can't jump high.

I wake up early every morning. I eat fruit and vegetables every day. I play sports with my friends at school. I can run fast. I can jump high. I can walk far. I feel healthy and strong.

## 4 Practice

Put the words in order and write sentences.

1 can'† / Omar / run fast

## Omar can't run fast.

2 can / I / far / swim
$\qquad$ .

3 She / run / can't / fast
$\qquad$ .

4 high / can / jump / He
$\qquad$ .

## 5 Talk

Ask you partner the questions below.
Circle their answers.
1 Can you jump high?

2 Can you run fast?
3 Can you walk far?
4 Can you touch your toes?

Yes, I can. / No, I can't.
Yes, I can. / No, I can't.
Yes, I can. / No, I can't.
Yes, I can. / No, I can't.

## 6 Write

Write about your partner. Say what they can or can't do.

## Lesson 4: Ask the doctor

## 1 Talk

Why do people go to the doctor?


## 2 Listen Track 68

Listen and read the text. Then circle the problems.

## Key Language

Verb + -ing
Try faking medicine.

## Vocabulary

take medicine, rash, doctor, patient, what's the matter?

## Vocabulary

allergy: when something makes you sick

I have an allergy.
I am allergic to nuts.


## 3 Listen Track 69

Listen to the doctor's advice.
What does the doctor tell the boy?

## 4 Talk

In pairs, talk about:

A food you like
B food you don't like
C food you can't eat

I can't eat fish because it makes me feel sick.

## 5 Read

Choose the best advice for each problem below. There are no correct answers.

1 My stomach is sore.
2 I have a cough.
3 I have a headache. $\qquad$
4 I feel tired.

## Advice:

a Try taking some medicine.
b Try going to bed early.
c Try drinking some water.
d Try eating some food.

## 6 Talk

Student A is the doctor.
Student $B$ is the patient.
Complete the conversation with your own ideas.
Practise in pairs.

A Hello. How are you today?


## Lesson 5: Go to the doctor

## 1 Talk

Answer the questions with a partner.

1 What do you do when you are ill?

Key Language

Vocabulary
eye test, hearing test, blood test, ill, difficult

2 When did you last go to the doctor?

## 2 Vocabulary

Match the words to the pictures.


## 3 Vocabulary

Read and choose the correct answer.

1 I can't read the words in my book. I think I need an...
a hearing test.
b eye test.
c blood test.


2 I feel ill and I have a sore stomach. The doctor wants to do a...
a blood test.
b eye test.
c hearing test.

3 My grandfather can't understand people. He needs a...
a eye test
b hearing test.
c blood test.

## 4 Read

Read about Salma's problem. Which test does she need?

## Reading Tip

Read a text quickly to find the words you are looking for.

## Salma's diary

I like school, but I have a problem. Reading is difficult for me because the words are too small. When I read, I get a headache. Yesterday I went to the doctor. She said I need an eye test. I'm going to see an eye doctor tomorrow.

## 5 Read

Answer the questions about Salma.

1 What is difficult for Salma?
2 What happens when Salma reads?
3 When did Salma go to the doctor?
4 When will Salma see the eye doctor?

Key Language

## Lesson 6: Language focus

## 1 Vocabulary

Match the words to the pictures.


Could / couldn't
I couldn't ride a bike.

## Vocabulary

use a computer, drive a car, break my arm/leg, hurt, ride a bike


drive a car
use a computer


## 2 Read

Match the sentences to the texts. $\qquad$ 1 Khalid can write notes in class.
2 Doctor Layla can use a computer.
__ 3 Saif can ride a bike.

## A

Doctor Layla couldn't use a computer when she was a girl. Now she is 55 and she uses a computer at work every day.

## B

Last week, Khalid hurt his arm. He couldn' $\dagger$ move it. He couldn't write notes in class. Now his arm is better. He can write again in class.

Last year, Saif fell and broke his leg. He couldn't walk. He couldn't ride his bike. He couldn't drive his car. Now his leg is better. He rides a bike every day.


## 3 Read

Read the sentences and circle True or False.

1 Last year, Saif couldn't walk.
2 Last week, Khalid couldn't move his arm.
3 Doctor Layla could use a computer when she was a girl.

True / False
True / False
True / False

## 4 Talk

Think about when you were five years old.
Tick what you could or couldn' $\dagger$ do.
$\sqrt{ }$

| When I was <br> five... | speak English | ride a bike | use a computer |
| :---: | :---: | :---: | :---: |
| I could... <br> $V$ |  |  |  |
| Hello! <br> I couldn't... <br> $X$ |  |  |  |

## 5 Talk

Share your answers from 4 with a partner.


## Lesson 7: Food groups

## 1 Vocabulary

Match the food groups with the pictures.
dairy fruit and vegetables oils and fats grains and cereals meat and fish


Key Language
How often...?
How often do you eat fruit?

Vocabulary
dairy, fruit, vegetable, oil, grain, cereal


## 2 Talk

Work with a partner.
Make a list of examples for each food group.


## 3 Listen Track 70

Listen to Doctor Kaya talk about healthy eating.
Put the food groups in the order that you hear them (1-4).
a meat and fish
b dairy
c grains and cereals
d fruit and vegetables


## 4 Talk

Choose one question to ask your classmates.
Circle your question below.
How often do you eat... fruit?
vegetables?
meat?
fish? grains? dairy?

| Language Tip |  |
| :--- | :--- |
| How often ...? |  |
|  |  |
| Always | $100 \%$ |
| Sometimes | $50 \%$ |
| Never | $0 \%$ |

## 5 Talk

Ask your classmates the question in 4.
Circle their answers below.

## Name:

$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

## Answer:

Always / Sometimes / Never
Always / Sometimes / Never
Always / Sometimes / Never
Always / Sometimes / Never
Always / Sometimes / Never
Always / Sometimes / Never

## Lesson 8: Eat a rainbow

## 1 Talk

What colour is your favourite food?

## 2 Vocabulary

Write the words under their colours.

Key Language
For
I eat dates for breakfast.

## Vocabulary

pineapple, pepper,
pea, snack, rainbow, grow

| tomatoes | bananas | mangoes | dates |
| :--- | :---: | :---: | :---: |
| cucumbers | potatoes carrots lemons | peas |  |
| red peppers | salad leaves | pineapples |  |



## 3 Read

Read the title of the text. What does it mean? Read and check.


A rainbow a day keeps the doctor away
A rainbow a day gives us everything we need to be healthy. This means eating different coloured foods every day. Different coloured fruits and vegetables help us to grow and keep us healthy.


In one day, you can eat all the colours of the rainbow. For example, dates for breakfast, carrot soup and salad for lunch, rice with red pepper and tomatoes for dinner and purple grapes for dessert.

## 4 Read

Read the text and circle all the foods. Write them below. How many different colours are there?

## 5 Write

Make a plan for a healthy day. Choose the food you will have for each meal and a snack.

## Writing Tip

Use commas when you write a list.
Dates, bananas, grapes and mangoes.

| Healthy eating plan |  |
| :--- | :--- |
| Breakfast | Orange juice, |
| Lunch |  |
| Snack |  |
| Dinner |  |

## 6 Talk

Share your plans in groups.
Find the plan with the most colours.


## Lesson 9: A meal to share

## 1 Talk

Look at the food below. Say what you see. What could you make with these items?

Key Language
A/an
He put an onion in the soup.

## Vocabulary

pot, salt and pepper, smell, cook, share


## Reading Tip

Before you read, look at the pictures.
Pictures help us understand what a text is about.

## A meal to share

Once there was a young man who lived in a village. He lived in a small house with a small garden. Every day for dinner he made a pot of soup. First, he put some water in a pot. Then he made a small fire under the pot. He added a potato and then an onion into the pot. Then he waited. After some time, the soup was ready.


## 2 Read Track 71

Read and listen to the story.
What does the young boy make every day?

## Language Tip



Use 'a' before consonant sounds. Use 'an' before vowel sounds.

A pot.
An onion.

3 Read Track 72
Read and listen to the story.
Answer the questions about the story.

## Vocabulary

ingredient: one of the foods used to make a meal

One day, the young man was making soup in his garden. A family in the next house smelled the soup. They went to see the young man. They said hello and the young man gave them some soup. The soup was good, but it needed more ingredients.

The next day the family went back to the young man's house. The mother gave him some meat for the soup, The father gave him some salt and pepper. This made the soup delicious! The young man and the family ate together happily.

1 Where was the man making soup?

2 What ingredients did the family give the young man?

3 How did the soup taste?

## 4 Talk

Answer the questions in groups.

1 What does the story teach us about sharing?
2 Did you like the story? Why or why not?


## Lesson 10: Review

## 1 Talk

Choose a word and act it out.
Can your partner guess the word?

Key Language
Unit 9 language
Vocabulary
Unit 9 vocabulary
cold cough headache sore stomach


## 2 Practice

Put the words in order and write sentences.

1 can / I / run fast
$\qquad$ -.

2 fast / She / run / can
$\qquad$ .

3 high / He / can / jump
$\qquad$ .


## 3 Read

Read about Omar.
Which body part did he break?

Last year, Omar fell and broke his leg. He couldn' $\dagger$ walk. He couldn't ride his bike. He couldn't swim. He rested and he ate lots of fruit and vegetables. Now his leg is better. He rides his bike every day. He feels great.

## 4 Read

Read again. Decide if the sentences are True or False.
1 Omar couldn't walk last year.
2 Omar could swim last year.
3 Now Omar can ride his bike.

## 5 Talk

Talk to a partner.
Ask the questions and circle their answers.


How often do you eat...

fruit?
vegetables?
meat?
fish?

True / False

True / False
True / False

