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









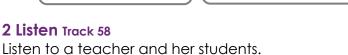
apples







Why do they talk about food?



3 Listen

Listen again.

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



	like		don't like	
Zara	a) b)		a) (b)
Amna	a) b)		a)	b)

4 Practice

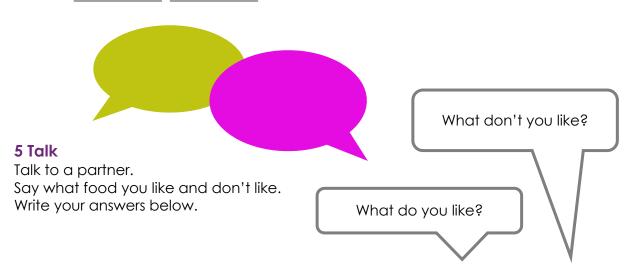
Complete the sentences.
Use the Language Tip to help you.

1 Zara <u>likes</u> apples.

2 Amna _____ sandwiches.

3 Zara ______ bananas.

4 Amna _____ fruit.



Language Tip

I don't like...

He / She likes... He / She doesn't like...

Zara likes apples. She doesn't like bananas.

I like...

	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?

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

2

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

Lucas, Brazil

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

Noriko, Japan

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. Write them in the table below.

We can count it.	We can't count it.
sandwich	water

Key Language

Countable/uncountable nouns

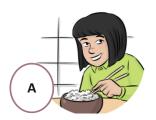
I have dates and water.

Vocabulary

cheese, rice, soup, vegetable, milk, water











Language Tip

Countable nouns:

We can count them.

Examples: apples and dates

Uncountable nouns:

We can't count them with numbers. They don't 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?	
What is your favourite drink?	
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.

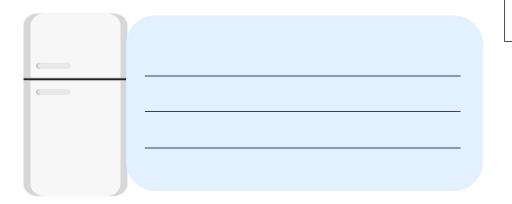
Key Language

Any

Do you have **any** eggs?

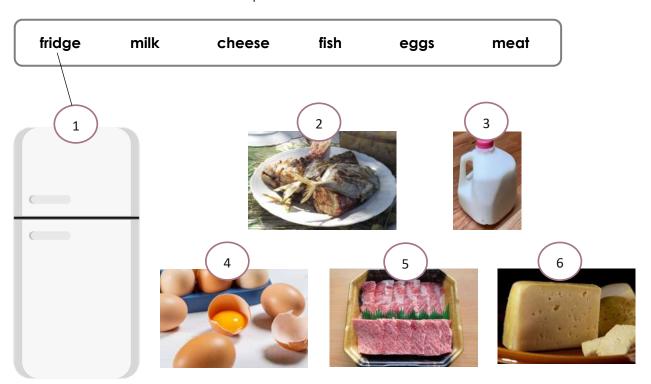
Vocabulary

fridge, cheese, milk, eggs, fish, meat



2 Vocabulary

Match the words to the correct pictures.



Speaking Tip

Practise saying the sounds: ch sh

cheese fish kitchen 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.







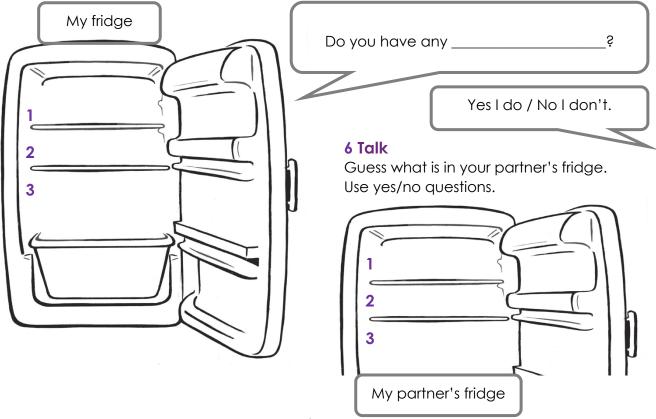


4 Listen

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

5 Talk

Choose 3 items and write them in your fridge below.



Lesson 4: Language focus

1 Listen Track 60

Listen and circle the correct words.

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.

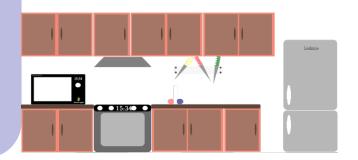
Key Language

Some and any There is **some** milk.

There isn't **any** juice.

Vocabulary

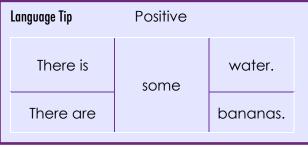
kitchen, cupboard, pizza, bread, juice, hungry



2 Talk

Look at the picture below. Say what you see.

There is/are some...





3 Read

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

1 There isn't any juice.

True) False

2 There isn't any meat.

True / False

3 There aren't any dates.

True / False

4 There aren't any apples. True / False

Language Tip	Negative	
There isn't	any	juice.
There aren't	,	carrots.

4 Practice

Read the sentences. Circle the correct answers.

1 There is _____ milk in the fridge.

any /some

2 There isn't _____ juice in the fridge.

any / some

3 There is _____ cheese in the fridge.

any / some

4 There are _____ eggs in the cupboard.

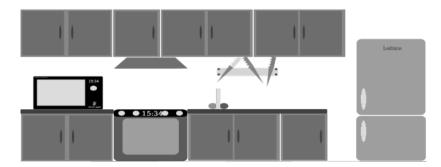
any / some

5 There aren't _____ 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

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.







Key Language

Any

Do you have **any** carrots?

Vocabulary

customer, buy, sell, onion, cucumber, tomato, lemon, mango



Fruit

Grain



cucumber





onion



bread



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

Vocabulary

customer: a person who buys

something

cashier: customers pay money to

a cashier

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_____

Customer: No, that's all.

Cashier: That's twenty dirhams, 3_____

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.

1 a bar of chocolate

2 a mango

3 a cup of tea

4 a lemon

5 a bottle of water

6 a glass of juice











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.



Key Language

How much water do you have?

Vocabulary

bar of chocolate, cup of tea, bowl of rice, glass of juice

4 Practice

Complete the sentences with much or many.

1 How _____ water can you see?

2 How _____ lemons can you see?

3 How _____ mangoes can you see?

4 How _____ chocolate can you see?



5 Talk

Answer the questions in 4 with a partner.

6 Talk

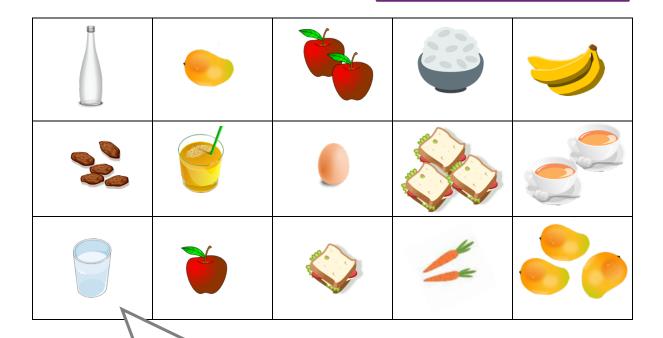
Play the game in pairs.
Choose a square.

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 _____ can you see?



A: How much water can you see?

B: One glass.

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 LanguageFood 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 <u>bottle</u> of water.
- **2** Ten _____ of nuts.
- **3** A _____ of bread.
- **4** Five ______ of ice cream.

tubs packets bottle loaf



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.

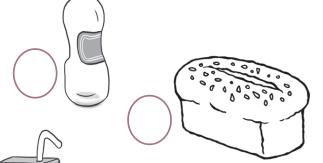


- 2 loaf
- 3 bottle
- 4 packet
- **5** can
- **6** carton











6 Vocabulary

Complete 1-4 with your ideas.

- 1 A tub of <u>butter</u>
- **2** A can of _____
- **3** A bottle of _____
- **4** A packet of _____

Shopping list

7 Talk

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

I'd like ...

Lesson 8: School trip

1 Talk

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

I eat breakfast at 6 o'clock.

I like...

Vocabulary

both: two people or two things

Key Language

Vocabulary

menu, pasta

I like apples, **so** I eat them every day.

breakfast, lunch, dinner,

We **both** like ice cream.

2 Read

Read what Tariq and Ali say.

Circle the food they both like and dislike.

Underline what is different.

I like rice, fish and dates. I don't like eggs.



Ali

I like ice cream, pizza and dates. I don't like eggs.

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?

<u>Menu</u>

<u>Breakfast</u>

Eggs

Lunch

Pizza

Ice cream

<u>Dinner</u>

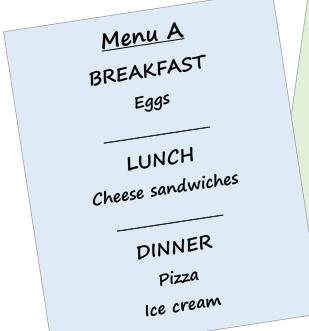
Rice with vegetables

•

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	, so I like menu
,	

Lesson 9: Our menu

1 Vocabulary

Write the correct words under the pictures.

fish salad coffee bread butter burger rice cheese

Key Language

With

I like fish with rice.

Vocabulary

starter, main course, dessert, drink, restaurant

				A CONTRACTOR OF THE PARTY OF TH
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 guestions.

1 The bread comes with _____.

salad (butter) cheese

2 The burger is with _____.

butter / cheese / rice

3 You can have fruit for _____.

dessert / a drink / a starter

4 There is _____ or apple juice to drink.

orange / apple / mango

Sea kitchen

Starter

Bread with butter Salad

Main course

Fish with rice Burger with cheese

Dessert

Ice cream Fruit

Drinks

Juice (orange or apple)

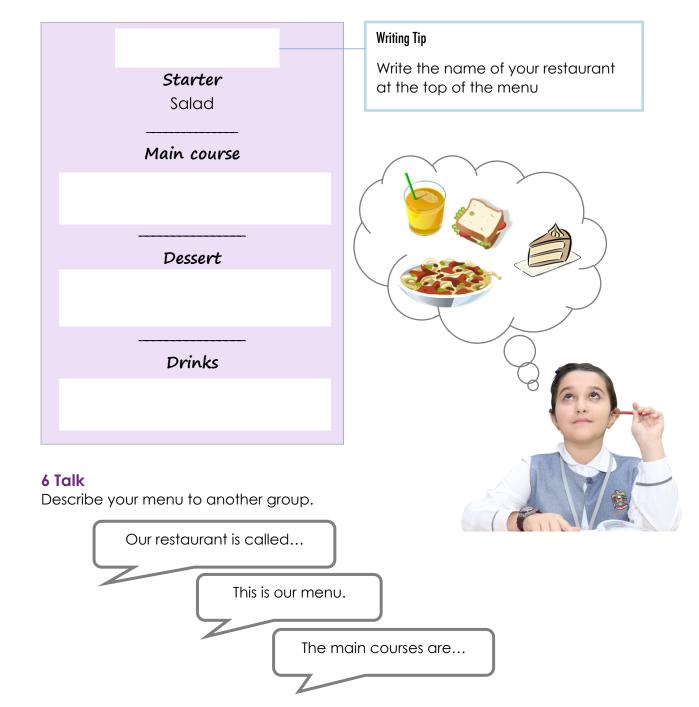
Coffee

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.



Lesson 10: Review

1 Vocabulary

Write the correct word under each food or drink.

apple dates sandwich

water salad burger juice

Key LanguageUnit 8 language

VocabularyUnit 8 vocabulary



1 apple



2



3



4



5



6



7

2 Talk

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

	like	don't like
Me:		
My partner:		

What do you like?

What don't you like?

3 Practice

Choose the correct answers.

1 How _____ apples are there?

3 How _____ water is there?

2 How _____ eggs are there?

much / many

much / many

much / many



4 Practice

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

1 There aren't any apples. True / False

2 There isn't any butter. True / False

3 There are some dates. True / False



5 Read

Read about Amna's lunch. Answer the questions.



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 a carton of juice to drink.

1 Amna has a sandwich with _	chips / cheese / butter
3 Amna sometimes has	juice / cheese / dates
4 Amna has to drink	juice / water / coffee
6 Write Write about your lunch. What do you usually have?	

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

1 Vocabulary Match the words to the pictures. Vocabulary

Key Language

I have a cold.

cold, cough, sore stomach, headache

Saying what's wrong

1 cold

2 headache

3 cough

4 sore stomach









2 Listen Track 66 Listen and circle the correct word. Listening Tip

Read the answer choices before you listen.

1 I have a... a cough

b headache

c cold

21 have a... a headache

b sore stomach

c cough

3 I have a... a cold

b fever

c headache

What's the matter?

I have a cold.



3 Talk

Choose a word and act it out.

Can your partner guess the word?

cold cough headache sore stomach



Do you have a cough?



4 Talk

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

Speaking Tip

When someone doesn't feel well you can say:

I'm sorry to hear that. Take care.

What's the matter?



I have a _____

I'm sorry to hear that.



Lesson 2: Sick note

1 Vocabulary

Write the words in the correct box.

sick tired a fever a sore stomach hot fine a headache

Key Language

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

Vocabulary

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

I feel / I'm...

I have...

a headache

2 Listen Track 67

Listen and check your answers for 1.

3 Practice

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

1 | _____ tired.

2 He _____ a headache.

3 She _____ fine.

4 I _____ 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.



	Į.	Dear,	Who is the note for?
Who doesn't		doesn't feel well today.	
feel well?		He / She	Why is he/she not well?
	I	I hope he / she feels better tomorrow.	
	_,	From,	
Who is the note from?	-		

Lesson 3: Language focus

1 Talk

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

2 Read

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



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.

3 Talk

Circle what Amna can or can't do.

She can jump high.

She can swim far.

She can't jump high.

Can / can't

Key Language

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

Vocabulary

far, high, fast, early,

strong, run, jump, touch

X I can't run fast.

She can't run fast.

She can walk far.

She can run fast.

4 Practice Put the words in order and write: 1 can't / Omar / run fast Omar can't run fast. 2 can / I / far / swim	sentences.	
3 She / run / can't / fast		
4 high / can / jump / He		
5 Talk Ask you partner the questions be Circle their answers.	elow.	
1 Can you jump high?	Yes, I can. / No, I can't.	
2 Can you run fast?	Yes, I can. / No, I can't.	
3 Can you walk far?	Yes, I can. / No, I can't.	
4 Can you touch your toes?	Yes, I can. / No, I can't.	
6 Write Write about your partner. Say wh	nat they can or can't do.	

Lesson 4: Ask the doctor

1 Talk Why do people go to the doctor?





2 Listen Track 68Listen and read the text. Then circle the problems.

Yesterday, I ate a bowl of tomato soup. It was good, but later I had a sore stomach.

Key Language

Try taking medicine.

take medicine, rash,

doctor, patient, what's

allergy: when something

Verb + -ing

Vocabulary

the matter?

Vocabulary

makes you sick

I have an **allergy**.
I am **allergic** to nuts.

Then I got a red rash on my skin.

Am I allergic to tomatoes?





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.

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?

A What's the matter?

B Not good.

В

problem

Α

advice

Lesson 5: Go to the doctor

1 Talk

Answer the questions with a partner.

1 What do you do when you are ill?

2 When did you last go to the doctor?

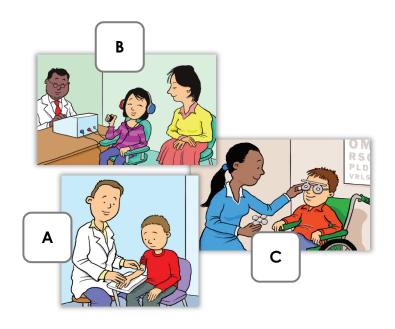
2 Vocabulary

Match the words to the pictures.

eye test

hearing test

blood test



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.



Key Language

Vocabulary

I **need** an eye test.

eye test, hearing test,

blood test, ill, difficult

Need

- 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?

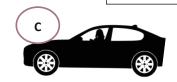
Lesson 6: Language focus

1 Vocabulary

Match the words to the pictures.







ride a bike

drive a car

use a computer

Key LanguageCould / couldn't

Vocabulary

hurt, ride a bike

I **couldn't** ride a bike.

use a computer, drive a

car, break my arm/leg,



Can / can't

<u>now</u> <u>past</u>

I can ride a bike.I could ride a bike.I can't ride a bike.I couldn't ride a bike.



2 Read

Match the sentences to the texts.

- 1 Khalid can write notes in class.
- ____ 2 Doctor Layla can use a computer.
- **3** Saif can ride a bike.

Α

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.

В

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



C

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. True / False

2 Last week, Khalid couldn't move his arm.

True / False

3 Doctor Layla could use a computer when she was a girl. True / False

4 Talk

Think about when you were five years old. Tick what you could or couldn't do. $\sqrt{}$

When I was five	speak English Hello!	ride a bike	use a computer
I could √			
I couldn't X			

5 Talk

Share your answers from 4 with a partner.



Lesson 7: Food groups

1 Vocabulary

Match the food groups with the pictures.

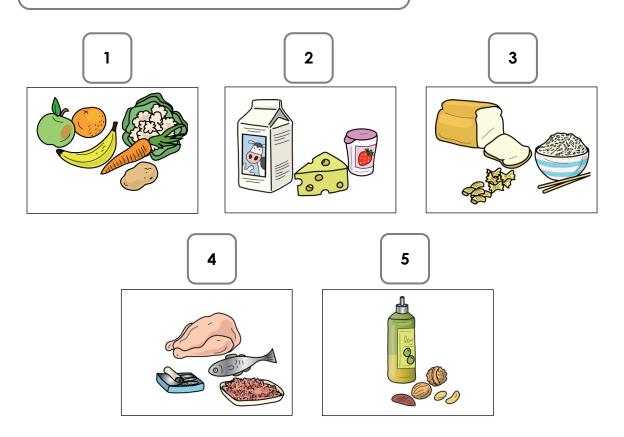
dairy fruit and vegetables oils and fats grains and cereals meat and fish

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.

Examples of dairy are milk, cheese and butter.



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:	Answer:
	Always / Sometimes / Never

Lesson 8: Eat a rainbow

1 Talk

What colour is your favourite food?

2 Vocabulary

Write the words under their colours.

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

Key Language

For

I eat dates **for** breakfast.

Vocabulary

pineapple, pepper, pea, snack, rainbow, grow

red	green	yellow	orange	brown

3 Read

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



Vocabulary

rainbow:



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.

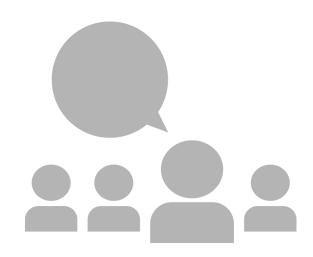
Dates, bananas, grapes and mangoes.

	Healthy eating plan
Breakfast	Orange juice,
Lunch	
Snack	
Dinner	

6 Talk

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

For breakfast I'm having...



Lesson 9: A meal to share

1 Talk

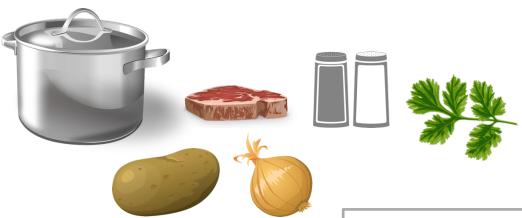
Look at the food below. Say what you see. What could you make with these items?

Key Language A/an

He put **an** onion in the soup.

Vocabulary

pot, salt and pepper, smell, cook, share



2 Read Track 71

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

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.



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

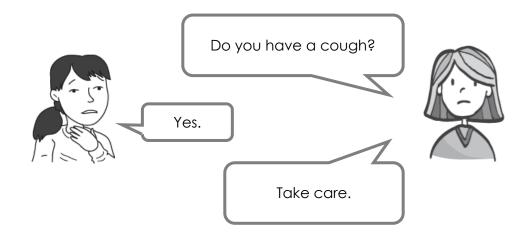
Choose a word and act it out.

Can your partner guess the word?

Key LanguageUnit 9 language

VocabularyUnit 9 vocabulary

cold cough headache sore stomach



2 Practice

Put the words in order and write sentences.

1 can / I / run fast

2 fast / She / run / can

3 high / He / can / jump









3 Read

Read about Omar.
Which body part did he break?

Last year, Omar fell and broke his leg. He couldn't 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. True / False

2 Omar could swim last year. True / False

3 Now Omar can ride his bike. True / False

5 Talk

Talk to a partner.

Ask the questions and circle their answers.



How often do you eat...

fruit?
vegetables?
meat?
fish?

always / sometimes / never always / sometimes / never always / sometimes / never always / sometimes / never