

Unit 4.

Better life

Introduction. Page 78

1. Being healthy. Write what you do and eat to stay healthy. The teacher guides the student's response. Example.

- Drink a lot of water.
- Eat more vegetables and fresh fruit.
- Serve a variety of foods in small portions.

Vocabulary. Page 80

1. Dictionary hunt. Look up in a dictionary the definition of these words and write it down. Look for an image for each word and paste it on the box. Then compare your answers with a classmate. The teacher guides the student's response. Example.

- Boil: to reach, or cause something to reach, the temperature at which a liquid starts to turn into a gas.
- Fry: to cook food in hot oil or fat.
- Bake: to cook inside an oven, without using added liquid or fat
- Roast: to cook food in an oven or over a fire.
- Steam: to cook with the hot gas that is produced when water boils.

Book activity. Page 82

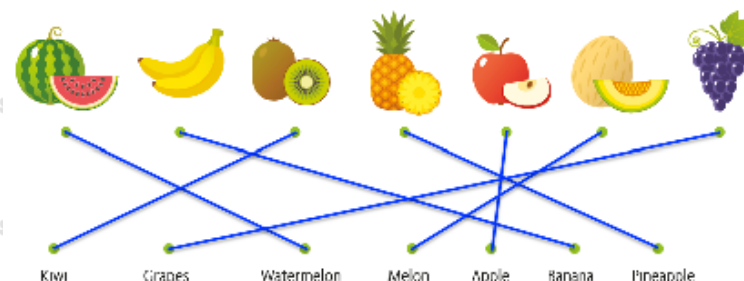
1. Reading checkup. Write true or false according to the reading. The teacher guides the student's response.

- Quinine is a famous medicine discovered in the Amazon rainforest. **True.**
- It is made from the leaves of the cinchona tree. **False.**
- The medicine is named after the Countess of Chinchon from Peru. **True.**
- Her doctor gave her a pill made from cinchona and she got better. **False**
- In 1944, scientists made the first artificial quinine. **True.**
- Artificial quinine is now very important again. **False.**

- We must protect our rainforests because other medicines may be found. **True.**

Book activity. Page 83

1. Fruits. Match the fruit with its correct name. The teacher guides the student's response.



2. Fruits. Write the fruits in the correct side of the box. The teacher guides the student's response.

Fruit that needs to be peeled	Fruits that don't need to be peeled
Banana Watermelon pineapple orange	Apple Grapes Pear Cherry Strawberry

Book Activity. Page 84

1. True or false. Read each sentence. Circle if it's true or false. The teacher guides the student's response.

a. You should eat at least five pieces of fruit and vegetables a day.

☒ true ☐ false

b. Apples float in water but pears don't.

☐ true ☒ false

c. Grapes become raisins when they are cooked.

☒ true ☐ false

d. Strawberries are the only fruit whose seeds grow on the outside.

☒ true ☐ false

e. Watermelons don't contain water.

☐ true ☒ false

f. Cherries belong to the rose family

☒ true ☐ false

g. Bananas don't have a lot of vitamin C.

☒ true ☐ false

h. Kiwis contain as much vitamin C as oranges.

☒ true ☐ false

i. Most oranges are not eaten – they are used to make juice.

☒ true ☐ false

j. Pineapples take up to two months to grow.

☐ true ☒ false

Book Activity. Page 85

1. Comparative and superlative. Read the story. Write the superlatives and comparatives you see in the reading. The teacher guides the student's response.

Comparative

- taller than my brother...
- vet is more interesting than...
- vet is easier than being a teacher....

Superlative

- my dad is the tallest.
- the most interesting job...
- My job es the easiest...

Book Activity. Page 86

1. Future. Find the mistake, underline it and write the correct sentence. The teacher guides the student's response.

a. When I'm older I'll to live in a big house.
When I'm older I'll live in a big house.

b. I won't to have more than two children.
I won't have more than two children.

c. My sister will living in another country.
My sister will live in another country.

d. One day, people will to be able to talk to animals!
One day, people will be able to talk to animals!

e. We willn't need **to** sleep in the future.
We won't need to sleep in the future.

f. I'll **to** be a vet when I grow up.
I'll be a vet when I grow up.

g. I think my little sister will **to** be a singer because she loves singing!
I think my little sister will be a singer because she loves singing

h. You'll **being** able to access the internet from your head in the future!
You'll be able to access the internet from your head in the future!

2. Future: verb to be + going to. Complete the sentences using the correct form of the verb to be + going to. Then check them with your teacher. The teacher guides the student's response.

- They **are going to** tell him the truth.
- He **is going to** travel to another country next week.
- I **am going to** watch a movie.
- Steve **is going to** go to school tomorrow.
- We **are going to** go to the party.
- Karol **is going to** attend a meeting.
- My parents **are going to** go on vacation next month.
- I **am going to** play soccer with my friends

Reading. Page 87

1. The Porter Family. Read the story. Answer the questions according to the story. The teacher guides the student's response.

- Why are the Porters trying to eat healthy?
Because of blood tests results, the doctor told Mrs Porter that she needs to start eating more vegetables.
- Why does Mr. Porter have problems eating healthy at home?
Because he works all day and comeback home very late night.

3. How many children do Mr. And Mrs. Porter have?
Mr. and Mrs. Porter have two children.

4. What does Carl like to eat?
Carl like to eat chocolates.

5. What are the solutions for Ann and Mr. Porter?
Mrs. Porter won't let Ann stay at her friend's house during the week, and Mr. Porter will try to be home at 5:30 P.M.

6. What problem will they be facing?
The problem is that Mrs. Porter start working next week, and she will not have enough time to cook.

Stimulating creativity. Page 88

1. My Plate. Look in a magazine. Cut and paste on the plate what you would eat for lunch. Try to make it Healthy. The teacher guides the student's response.

Book Activity. Page 89

1. My favorite _____ is _____. Color your favorite fruit and vegetable. The teacher guides the student's response.

Stimulating creativity. Page 91

1. Germ booklet. According to the previous reading, complete the booklet. Then color the germs and cut and fold following the line. The teacher guides the student's response. For example:

About bacteria:

Bacteria are tiny, they feed of your environment, which can be the human body and can cause disease. Other bacteria are good for the human body, for example in the intestines, they help to extract food nutrients.

About viruses:

Viruses live and reproduce in cells. Viruses cause illness in people.

Stimulating creativity. Page 92

What are the 4 major type of germs?

- 1 Bacteria
- 2 Viruses
- 3 Fungi
- 4 Protozoa

Book activity. Page 93

1. Healthy habits. Write the corresponding words from the box in the correct blank. The teacher guides the student's response.

- Brush your **teeth** after every meal.
- Wash your **hands** when they are dirty.
- Get enough **sleep**.
- Eat healthy **food**.
- **Exercise** every day.