

# 7

# Fabulous Food!



## Vocabulary

I will learn to name foods.



## Song Time!



Listen, look, and say.

At Your Way Café you decide what to put in your sandwich or on your pizza.  
There are so many things to choose from. Which will you choose?

### 1 Super Sandwiches!



1 bread



2 cucumbers



3 turkey



4 mustard



5 lettuce

### 2 Pizza Perfection!



6 green peppers



7 mushrooms



8 tomato sauce



9 olives



10 onions



2 Play the acting game.



**Listen and sing. What do they eat?**

## I'm Hungry!

Hi, Mom, I'm home from school.  
I'm really hungry now.  
I'd like to make a sandwich,  
Can you show me how?

I am home from my school day.  
I'd like a sandwich. Is that OK?

Are there any olives?  
Here are some on the shelf.  
Is there any tomato sauce?  
I see it for myself.

### Chorus

There's just one problem, Mom:  
There isn't any bread!  
But I have a great idea:  
Let's have pizza instead!

### Chorus



**Look at 1. Ask and answer.**



What do you like in your sandwiches?

I like turkey and lettuce.



What do you like on pizzas and in sandwiches?



**Listen and read. What are Luke and Amy making?**

## A Surprise for Mom



Are there any tomatoes for the pizza?

I can't see any, but there's some cheese.

1 Luke and Amy are making dinner for their mom. It's a surprise.



Are there any onions?

No, there aren't. But there's a green pepper.

2 They need toppings for their pizza.



This cheese is yummy.

Mmm. These olives taste delicious, too!

3 Amy and Luke taste some of the pizza toppings.



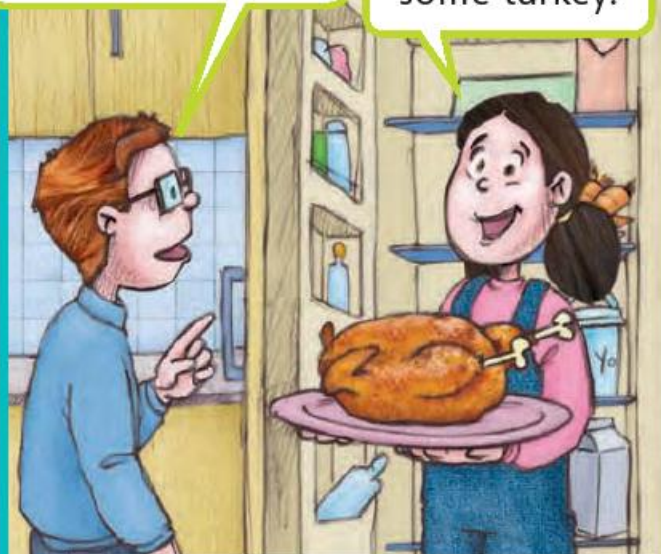
Oh, no! There isn't any more cheese.

And there aren't any more olives. Oops.

4 They look in the fridge again. What can they use?

Hmm. Is there any bread over there?

Look! There's some turkey.



5

Amy and Luke look for more food.

Hi, Mom!

Mom... Can we go out for dinner, please?



6

There's a surprise for Mom in the kitchen, but it isn't dinner!

6

Read and say **true** or **false**.

- 1 Amy and Luke want to make breakfast for their mother.
- 2 There aren't any onions for the pizza.
- 3 Amy and Luke eat all the cheese and olives.
- 4 There isn't any turkey.
- 5 There isn't a surprise for Mom.



Do you help your mom?  
How could you help your family?

# Language in Action

I will listen to a dialog about food.

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**7**

**Listen and read. Then say.**

**Felipa:** What are you making, Mom?

**Mom:** I'm making some salsa.

**Felipa:** That sounds great!

**Mom:** I have some tomatoes,  
some chili peppers...  
Are there any onions over there?

**Felipa:** Yes. Here they are.

**Mom:** Thanks.

**Felipa:** Mmm. That looks delicious, Mom. But there's a  
little problem.

**Mom:** What?

**Felipa:** Now we have salsa, but there aren't any chips!

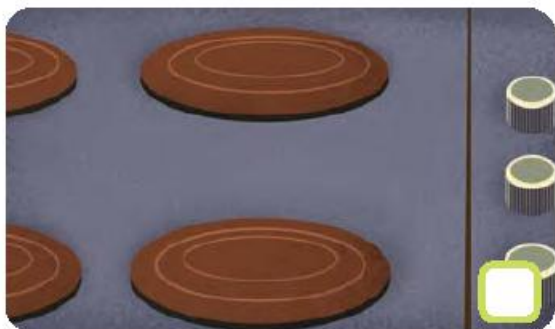
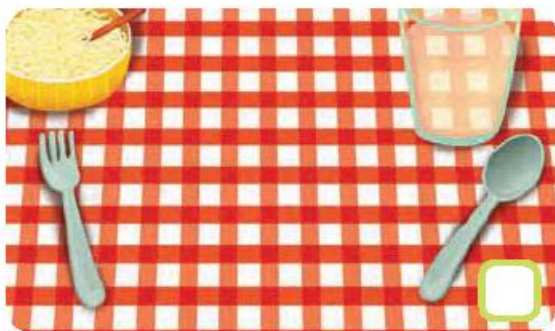


**8**

**Look at 7. Role-play with a partner.**

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**9**

**Listen and stick. Number the pictures.**



Is there <b>any</b> pizza?	Yes, there is <b>some</b> pizza.	Are there <b>any</b> onions?	Yes, there are <b>some</b> onions.
Is there <b>any</b> lettuce?	No, there isn't <b>any</b> lettuce.	Are there <b>any</b> eggs?	No, there aren't <b>any</b> eggs.

## 10 Look at the chart above. Circle the correct word.

- 1 There are **some** / **any** apples on the table.
- 2 There aren't **some** / **any** eggs in the refrigerator.
- 3 There isn't **some** / **any** milk in the carton.
- 4 There is **some** / **any** mustard in the jar.
- 5 There aren't **some** / **any** onions in this stew.



## 11 Look at 1. Write questions and answers.

- 1 Is there any bread?  
\_\_\_\_\_
- 2 Are there any onions?  
\_\_\_\_\_
- 3 \_\_\_\_\_  
No, there isn't any cake.
- 4 \_\_\_\_\_  
No, there aren't any bananas.
- 5 \_\_\_\_\_  
Yes, there are some cucumbers.



I will learn about vitamins.

## CONTENT WORDS

blood bone brain energy healthy iron muscle skin teeth vitamin

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**12**

**Listen and read. How many different fruit and vegetables should we eat each day?**



## The Vitamin Alphabet

Vitamins help our bodies grow strong and stay healthy. But which foods do we get our vitamins from? And why do we need them?



**Vitamin A:** There's a lot of Vitamin A in orange and yellow fruits like carrots or mangoes, but you can also find some in milk and the yellow part of eggs. Vitamin A helps your eyes and skin stay healthy.

**Vitamin D:** Milk and eggs also have Vitamin D in them, and so does fish. When we sit in the sun, our body makes a lot of it naturally. This vitamin is very important for strong bones.

**Vitamin E:** This, on the other hand, helps keep our blood healthy. You can get Vitamin E when you eat nuts and green vegetables.

**Vitamin B:** There are many different kinds of Vitamin B. Some help give us energy to move our muscles. Others help make blood. We get the different kinds of Vitamin B from different kinds of food. These include potatoes, bananas, bread, rice, pasta, chicken, fish, cheese, eggs, and green peppers.

**Vitamin C:** Vitamin C is good for our bones, teeth, and even our brains. We get this vitamin from oranges, peppers, tomatoes, and potatoes. Vitamin C also helps us keep other important substances, iron for example, in our body.

We should eat a good variety of fruit and vegetables – at least five a day. But we can eat some 'bad' things too. For example, there are three B vitamins in a good bar of dark chocolate!

**13**

**Work with a partner. Read and say true or false.**

- 1 You can only find vitamins in fruit and vegetables.
- 2 There aren't any vitamins in chocolate.
- 3 There's a lot of vitamin A in orange fruits and vegetables.



**Which vitamins do the following people need and why?**  
a a soccer player      b a pilot

I will learn about meals around the world.



**Listen and fill in the gaps. Which of these foods would you like to try?**

## CONTENT WORDS

bake boil dough  
fry oil soup  
pickled spicy steam

## Dumplings: A Global Food

Food can be very different from culture to culture. But there is a type of food that almost every culture shares: the dumpling. What is a dumpling? A dumpling is a piece of dough. You put fillings inside, and then boil, \_\_\_\_\_, bake, or fry them. Here are some of the most popular dumplings around the world.

### Mandu



This dumpling comes from South Korea. Fillings for mandu can be meat and vegetables, or often you can find kimchi mandu – a dumpling filled with kimchi, a kind of \_\_\_\_\_, pickled cabbage.

### Empanada

Across Central and South America, it is easy to find these dumplings. They are filled with ground beef, chicken, or other meats. Then they are fried in hot \_\_\_\_\_. They are bigger than many other dumplings.



### Pierogi



This dumpling is easy to find across Eastern Europe, but many people say they are from Poland. Fillings for this type of dumpling can be potatoes, cheese, meat, or sauerkraut – a salty, pickled cabbage. You can \_\_\_\_\_ them in butter and onions. Delicious!

### Xiao Long Bao

Shanghai, China, is known for its famous \_\_\_\_\_. These dumplings are filled with meat and served in a hot, delicious soup. The soup goes inside the dumplings and gives them a special flavor.



### Ravioli

Most people call this a type of pasta, but it is also a dumpling. Ravioli are well known in Italian cooking. They can be filled with many different things: meat, cheese, vegetables, or sometimes all three. You usually \_\_\_\_\_ the ravioli and serve them with sauce and cheese.



**THINK BIG**

**What types of dumplings do you like? When do you eat them?**

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15

**Listen and read.**

**title** →

## My Favorite Breakfast

by Laura Brown

**topic sentence** →

I like many foods for breakfast, but I have my favorite breakfast every Sunday morning.

**detail sentences**

I start with some orange slices, cold from the refrigerator. Then my mother makes two fluffy pancakes for me. I put butter on them, and then I put warm maple syrup on top. The pancakes are delicious with a glass of cold milk.

**final sentence** →

My favorite breakfast makes Sundays special.



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16

**Listen to Laura's paragraph again. Work with a partner. Take turns and read each part of the paragraph aloud.**

17

**Write about your favorite meal.**

(title)

### Writing Steps

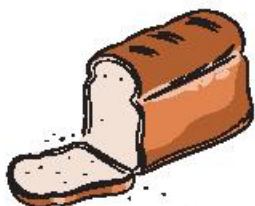
- 1 Think about your favorite meal.
- 2 Write a title.
- 3 Write a topic sentence.
- 4 Add detail sentences to give more information.
- 5 Write a final sentence.

I will learn to use the sounds br, cr, dr, fr, gr, pr, and tr.

<sup>136</sup>  
**18** Listen, read, and repeat.

1 **br** 2 **cr** 3 **dr** 4 **fr** 5 **gr** 6 **pr** 7 **tr**

<sup>137</sup>  
**19** Listen and find. Then say.



**bread**



**cream**



**dream**



**frog**



**grass**



**prize**



**train**

<sup>138</sup>  
**20** Listen and blend the sounds.

1 d-r-i-ve drive

2 g-r-ee-n green

3 b-r-ow-n brown

4 p-r-i-n-ce prince

5 c-r-y cry

6 t-r-o-ll troll

7 f-r-o-m from

8 b-r-i-ck brick

<sup>139</sup>  
**21** Read aloud. Then listen and chant.

Every night,  
I dream  
About a prince  
And a troll,

And a green frog!  
In my dream,  
They eat bread  
With cream.



147  
22

**Listen. Look at the poster. Which dish looks good to you? Discuss with a partner.**

Peruvians love potatoes. Peru grows more than 2,300 types of potatoes. There are many different shapes, sizes, and colors!

Potatoes grow very well in the cool weather, high in the Andes Mountains.



The most famous dish is *papa a la huancaína* – potatoes in a spicy cheese sauce.

Another is *papa rellena*, or stuffed potato. This dish has meat, onions, and eggs stuffed inside a potato.



I want to try the stuffed potato. It looks delicious!



## Project

23

**Make a poster about the food in a country other than your own.**


- 1 Learn about the typical foods in that country.
- 2 Cut out pictures of the foods.
- 3 Label the pictures.
- 4 Share your poster with the class.



## 24 Make up a sandwich with five items.

My sandwich has bread and...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



Ask other classmates about their sandwiches.



Are there any mushrooms in your sandwich?

No, there aren't.



Make notes about your classmates' sandwiches.  
Try to find two people with the same sandwich.

Student 1:	Student 2:	Student 3:
_____	_____	_____
1	1	1
2	2	2
3	3	3

### I Can

- use food words.
- use *some* and *any* to ask and answer questions about food.
- ask and answer about food.
- write a paragraph about my favorite meal.



# 8

# Healthy Living

## Vocabulary

www.majazionline.ir

I will learn to name healthy and unhealthy habits.



## Song Time!



**1** Listen, look, and say.

How do you feel today? Find out how healthy Sally and Zach are, then ask yourself!



**1** Did she... have a big breakfast?



**5** Did he... eat breakfast?

**2** Did she... get 10 hours of sleep last night?



**6** Did he... get any exercise?



**3** Did she... drink lots of water?



**7** Did he... have a healthy lunch?

**4** Did she... ride her bike?



**8** Did he... get enough sleep?



**2** Play the acting game.

# Song

I will learn to ask and answer about healthy and unhealthy habits.



**Listen and sing. What is good for Zach?**

## Live Right!

"Did you eat breakfast?" asks Mom,  
"You don't look good to me."  
Did you get enough sleep?" asks Mom,  
"Did you watch too much TV?"

"Did you ride your bike?" asks Mom,  
"You know it's good for you."  
Did you get any exercise?  
You know it's good to do!"

Enough sleep. Good food.  
Be healthy. Live right!  
Enough sleep. Good food.  
Be healthy. Live right!

**Chorus**

I feel awful today.



**4**

**Look at 1. Ask and answer.**



Did he eat breakfast?

Did she ride her bike?

No, he didn't.

Yes, she did.



**THINK  
BIG**

Which child in 1 are you like?  
Explain why.

I will read a story about healthy and unhealthy habits.

147  
**5**

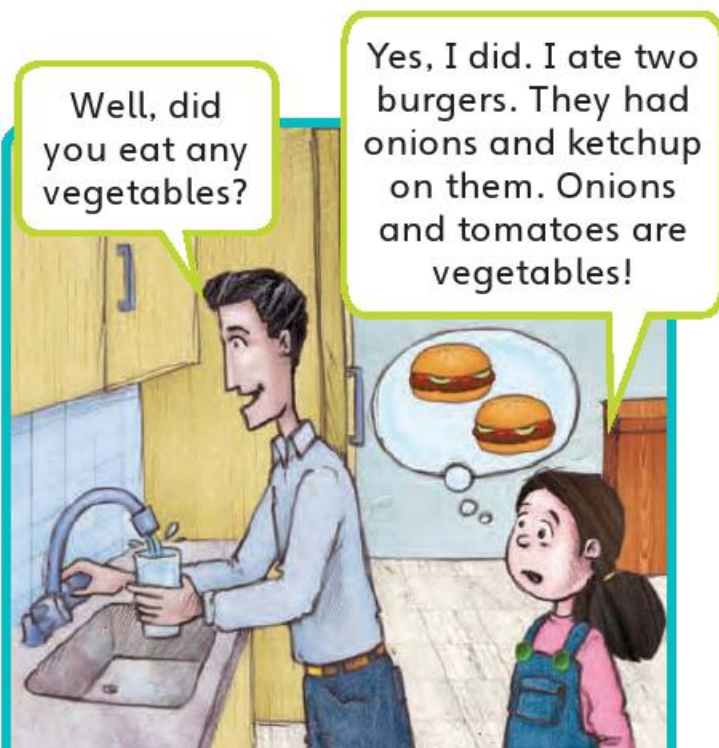
**Listen and read. Did Amy eat a healthy dinner?**

## An Unhealthy Dinner



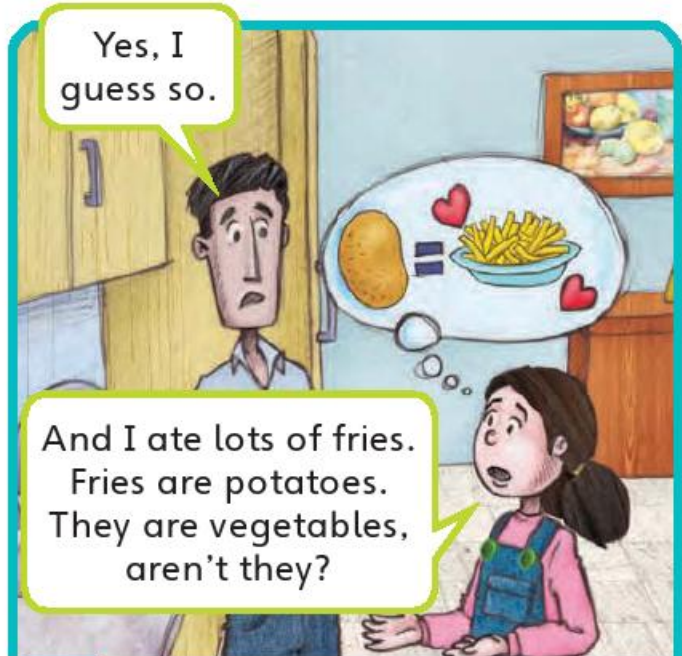
**1**

Amy's dad wants her to be healthy.



**2**

Amy likes unhealthy food.



**3**

Amy likes fries, but fried food isn't very healthy.



**4**

Amy likes cola.



What? That dinner wasn't healthy!

Well, yes, but there's a lot of sugar in cola.

But cola has water in it!

5 Amy knows her dinner wasn't really healthy. She didn't eat many vegetables.



Oh... my stomach feels funny!

6 Now Amy doesn't feel well. She needs to eat healthy food.

## 6 Read and circle.

- 1 Amy had dinner at **a party** / **home**.
- 2 Amy likes **healthy** / **unhealthy** food.
- 3 Fries are fried **potatoes** / **onions**.
- 4 Fried food is **good** / **bad** for you.
- 5 Cola has a lot of **fruit** / **sugar** in it.
- 6 Amy's dad **is** / **isn't** happy about Amy's dinner.



What do you like to eat for dinner? Why?

# Language in Action

I will listen to a dialog about healthy and unhealthy habits.

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**7**

**Listen and read. Then say.**

**Tomas:** Hi, Mariela. How are you?

**Mariela:** I feel great today! I got lots of sleep. I ate a good breakfast. How about you?

**Tomas:** I don't feel good today.

**Mariela:** Why? Did you eat breakfast?

**Tomas:** Yes, I did. I ate three donuts.

**Mariela:** Three donuts! That's why you feel bad!



**8**

**Look at 7. Role-play with a partner.**

149  
**9**

**Listen and stick.**

**Peggy**

**Saturday**



**Sunday**



**Carlos**

**Saturday**



**Sunday**



**Did** you/he/she/they **get** enough sleep yesterday?

Yes, I/he/she/they **did**.

No, I/he/she/they **didn't**.

## 10 Complete the dialogs. Use **did** or **didn't**.

- 1 **A:** Good morning, Katia. \_\_\_\_\_ you eat breakfast?  
**B:** Yes, I \_\_\_\_\_.
- 2 **A:** \_\_\_\_\_ Ted take a shower this morning?  
**B:** No, he \_\_\_\_\_.
- 3 **A:** \_\_\_\_\_ the lacrosse team get enough sleep before the game?  
**B:** No, they \_\_\_\_\_.

## 11 Look at the chart. Write questions and answers about Becca.

Becca's Habits	Mon	Tue	Wed	Thu	Fri
1 drink lots of water	✓		✓	✓	
2 get enough exercise	✓	✓	✓		



- 1 (exercise/Monday) \_\_\_\_\_  
Yes, \_\_\_\_\_
- 2 (drink water/Tuesday) \_\_\_\_\_  
No, \_\_\_\_\_

## 12 Talk about your habits. Ask and answer with a partner.



Did you get enough exercise today?

No, I didn't.



I will learn about calories.

151  
**13**

**Listen and read. What activities are good or bad for your body?**

## CONTENT WORDS

active   activities   body   burn  
calorie   measure   put on weight

## What Is a Calorie?

### What are calories? Are they important?

A calorie is a measure of the energy you get from food. Some foods are high in calories, and other foods aren't. Your body needs a certain number of calories to do all the things you do every day. But if you eat more calories than your body needs, you put on too much weight. Lots of activity and exercise burns a lot of calories. Very little activity or exercise doesn't burn a lot of calories.

### Why is being active good for us?

It helps our hearts stay healthy. It makes our bones strong, and it creates muscles. Being active is really important for young and old people. Activities that use lots of energy are best. Dancing is really good for your body. Riding a bike and swimming are also good for your body. But watching TV or playing video games are bad for your health if you do them too much. That's because you sit in the same place to do them.



**14**

**Complete the chart. Use the activities from the box. Then add more activities.**

dancing   playing a sport   playing video games  
riding my bike to school   watching TV

Good for your body	Bad for your body



**How much exercise do you do? How much time do you spend in front of the TV?**

I will learn about sports around the world.

## CONTENT WORDS

contest net puck race regatta team



**Listen and read. Where do these sports come from?**

## Strange Sports

Almost everyone knows about soccer, baseball, and basketball. But do you know anything about octopush, footvolley, or pumpkin regattas? Read about these strange sports!



### Octopush

Octopush comes from England, but people now play it all over the world. Octopush is like hockey, but people play it under water. Players use a small stick. They try to push a puck into a net to score points for their team.



### Footvolley

Footvolley is a sport from Brazil. Footvolley is like volleyball, but the players use a soccer ball. Players have to pass the ball to the other team over a high net. They cannot touch the ball with their hands. People play footvolley on the beach. It is very exciting but very difficult!



### Pumpkin Regatta

Each fall, in parts of the United States and Canada, people join in a contest called a pumpkin regatta. It is like a boat race, but the players do not race in boats. They race in giant, hollowed out pumpkins! These pumpkins weigh more than 450 kilograms (1,000 pounds). After the race, there's a pumpkin pie-eating contest.

**16**

**Which sport do you want to try? Talk with a partner.**



**Why did these sports start in these places?  
Can you do these sports in other countries?**

## Writing | Combining Sentences with *and*, *but*, or

I will learn to combine sentences with *and*, *but*, or.

Use **and**, **but**, and **or** to combine two simple sentences into one compound sentence.

I went to bed at 9:00. I woke up at 7:00.

→ I went to bed at 9:00, **and** I woke up at 7:00.

Dad ate oatmeal. Mom didn't eat breakfast.

→ Dad ate oatmeal, **but** Mom didn't eat breakfast.

We can walk to the store. We can take the bus.

→ We can walk to the store, **or** we can take the bus.



### 17 Circle the words **and**, **but**, and **or** in the paragraph.

I don't like to play sports, but I need to get exercise. I like walking, and I walk to school every day. My dad goes hiking on the weekend, or he goes to the gym. I like to go to the gym with him. He lifts weights, and I walk on the treadmill. For a treat afterward, we go out for smoothies, or we make tacos at home. Dad makes the best tacos, but Mom's cooking is good, too.

### 18 Join the simple sentences to make compound sentences. Use the word in parentheses.

- 1 My sister plays soccer. My brother plays baseball. (and)

---

- 2 My dad works at a hospital. He isn't a doctor. (but)

---

- 3 We can eat chicken for dinner. We can try the new restaurant. (or)

---

- 4 Freddie can run two miles. He doesn't run fast. (but)

---

I will learn to use the sounds *all*, *au*, and *aw*.

<sup>154</sup> **19** Listen, read, and repeat.

1 **all**

2 **au**

3 **aw**

<sup>155</sup> **20** Listen and find. Then say.



**ball**



**haul**



**draw**

<sup>156</sup> **21** Listen and blend the sounds.

1 s-m-all      small

2 c-all      call

3 t-all      tall

4 y-aw-n      yawn

5 c-l-aw      claw

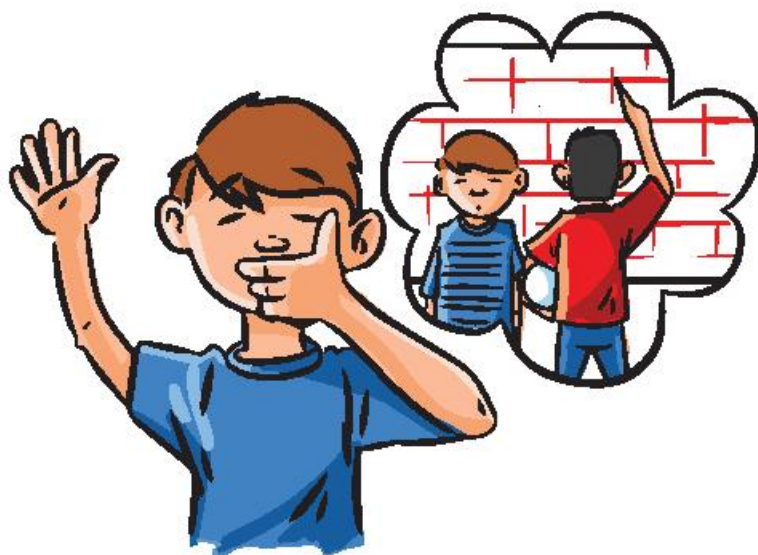
6 w-all      wall

7 l-aw      law

8 P-aul      Paul

<sup>157</sup> **22** Read aloud. Then listen and chant.

I'm Paul, I'm bored.  
Yawn, yawn.  
Let's play, let's play  
With a ball,  
Let's draw, let's draw  
A wall.



I will learn to talk about exercise.

**23** Look and listen. Point to and say the healthy activities.

a



b



c



d



**24** Work with a partner. Tell your partner to do healthy things.



Don't watch TV.  
Go outside and  
play soccer!

Ride your bike at  
a park or in your  
neighborhood. It's fun,  
and it's good for you.



Project

**25** Work with a group. Think of a new game you can play outside. Write down the rules. Teach the rest of the class your new game.



## 26 Circle the correct verb.

- 1 Lenny is tired. He didn't **get** / **got** enough sleep last night.
- 2 I feel sick. I didn't **eat** / **eating** a healthy breakfast.
- 3 Did they drink lots of water today? No, they **did** / **didn't**.
- 4 Did they **ride** / **rode** their bikes yesterday? Yes, it was fun.

## 27 Do a survey of your classmates. Add two of your own questions. Ask and answer.

- 1 eat/healthy/food?
- 2 get/sleep/last night?
- 3 get/exercise/last week?
- 4 brush/teeth/this morning?
- 5 ride/bike/on the weekend?
- 6 drink/a lot of/water/today?
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_



Did you get enough sleep last night?

Yes, I did.



## I Can

- use words for healthy and unhealthy habits.
- use *did* and *didn't* to ask questions about healthy and unhealthy habits.
- ask and answer about healthy and unhealthy habits.
- combine sentences with *and*, *but*, and *or*.

