

# Lesson 37

## Eat better!





# Warm-up



Do you remember how to make some fries?



potatoes  
thin pieces  
fry  
eating them  
with...

01

# Knowledge Learning





# Listen and choose



Listen to Clare and her mum's talking, and circle the right answer.



1

What can Clare have for dinner?



A



B



C





# Listen and choose



Read the dialogue.



What can I have for dinner, Mum?



Would you like a bowl of fish soup and some chicken, Clare?



Not really. I had that for lunch at David's house.



Did you? Well, what about some beans with some sausages?



Can I have meatballs with tomato sauce and rice?  
I like those much more.



All right.

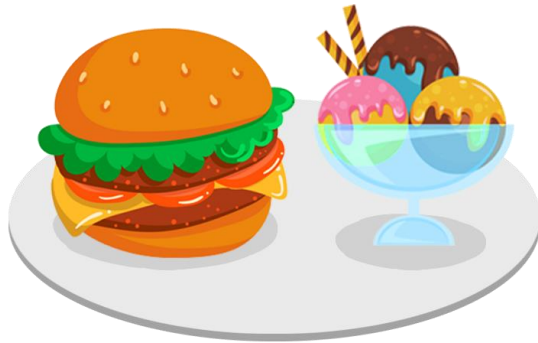


# Listen and choose

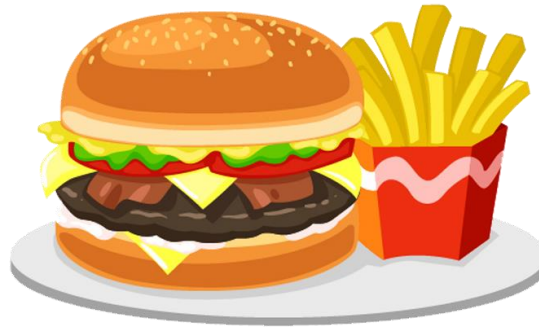


2

What did Clare have for lunch?



A



B



C



# Listen and choose



Read the dialogue.



What did you have for lunch at school today, Clare?



A burger.



What did you have with it? Fries?



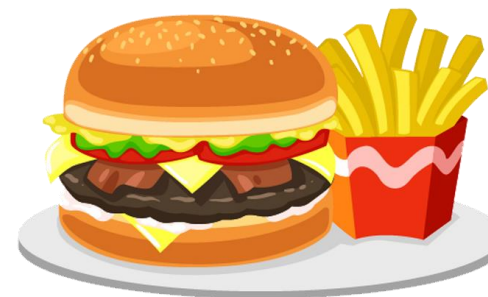
No. I was good. I had salad.



Did you have some ice creams too?



No, just a glass of water today.







# Listen and choose



3

What does Clare want for breakfast?



A



B



C





# Listen and choose



Good morning, Clare. Are you hungry?



No. What's for breakfast?



I'm having some cheese sandwiches. Would you like some too?



No. Just bread with jam, please.



OK. What about some fruit juice or strawberry yoghurt too?



Yes, I'd like a glass of grape juice. But I don't want yoghurt.



# Listen and choose



4

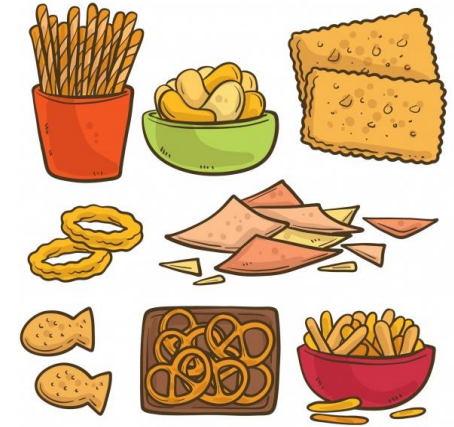
What did Clare eat at the birthday party?



A



B



C



# Listen and choose



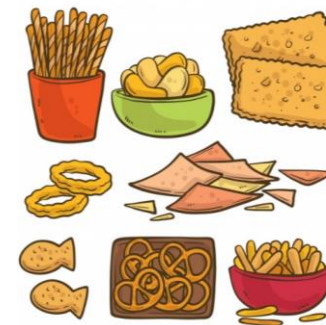
Did you enjoy the party yesterday, Clare?



Yes. It was fantastic. We did puzzles and had a dance competition! But there wasn't any birthday cake.



Oh... Were there lots of different snacks to eat instead?



No, only pizza. But it was delicious!



02

Practice





# Read and write



Read the sentences and write one word on each line to complete the questions.

How often do you ...?

1. \_\_\_\_\_ sports?

2. walk up or \_\_\_\_\_ stairs when you could use an elevator?

3. eat different \_\_\_\_\_ of fruits and vegetables?

4. drink four or more glasses \_\_\_\_\_ water a day?



1



4



2



3

13



# Read and write



Read the sentences and write one word on each line to complete the questions.

How often do you ...?

1. do sports?

2. walk up or down stairs when you could use an elevator?

3. eat different kinds of fruits and vegetables?

4. drink four or more glasses of water a day?



1



4



2



3

14



# Read and write



How often do you ...?

5. eat foods \_\_\_\_\_ burgers, fries or pizzas?
6. have drinks with lots of sugar \_\_\_\_\_ them?
7. go \_\_\_\_\_ sleep very late?
8. eat chocolates and candies?
9. forget to \_\_\_\_\_ breakfast?
10. play on the computer for more \_\_\_\_\_ two hours each day?



5



6



7



8



10

15



# Read and write



How often do you ...?

5. eat foods like burgers, fries or pizzas?
6. have drinks with lots of sugar in them?
7. go to sleep very late?
8. eat chocolates and candies?
9. forget to have/eat breakfast?
10. play on the computer for more than two hours each day?



5



6



7



8



10

16





# How often do you ...?



	never	sometimes	every day
1. How often do you do sports?	a	b	c
2. How often do you eat different kinds of fruits and vegetables?	a	b	c
3. How often do you walk up or down stairs when you could use an elevator?	a	b	c
4. How often do you drink four or more glasses of water a day?	a	b	c
5. How often do you eat foods like burgers, fries or pizzas?	a	b	c





# How often do you ...?



never

sometimes

every day

6. How often do you have drinks with lots of sugar in them?

a

b

c

7. How often do you go to bed very late?

a

b

c

8. How often do you eat chocolates and candies?

a

b

c

9. How often do you forget to have breakfast?

a

b

c

10. How often do you play on the computer for more than two hours each day?

a

b

c



# Check your points



Look! These are points for each question . How many points have you just got?

Point for each question:

- |         |     |     |
|---------|-----|-----|
| 1. a 0  | b 1 | c 3 |
| 2. a 0  | b 1 | c 3 |
| 3. a 0  | b 1 | c 3 |
| 4. a 0  | b 1 | c 3 |
| 5. a 3  | b 1 | c 0 |
| 6. a 3  | b 1 | c 0 |
| 7. a 3  | b 1 | c 0 |
| 8. a 3  | b 1 | c 0 |
| 9. a 3  | b 1 | c 0 |
| 10. a 3 | b 1 | c 0 |

I have got \_\_\_\_\_ points!



# Check your points



How many points have you got?

25-30 points	<b>Well done!</b> You eat very well and you look after your body. This is important because at your age you are growing.
15-24 points	Come on! Some of the things you do and eat are <b>OK</b> , but you could look after your body better.
15 or less points	Oh dear! <b>You need to eat better food and to move your body more!</b> Fruit and vegetables are very good for you. Eat fewer snacks and less fast food. Remember to sit down when you eat meals during the day - and don't forget that breakfast is a very important meal!





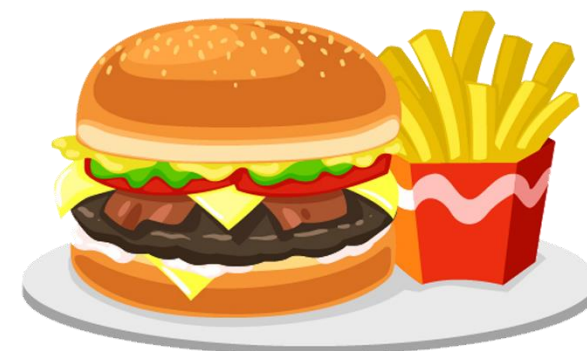
# Let's talk



Which one do you like drinking, Coca Cola, milk, fruit juice or water?



Which one do you think is healthy, vegetables and rice or a burger and fries?



03

# Conclusion



# Conclusion



In this lesson, you've learnt



## Words

a dance competition, puzzle



## Sentences

What's for breakfast?  
I'm having some cheese sandwiches. Would you like some too?  
No. Just bread with jam, please.



## Grammar

prepositions

See you next class!

