



Are You Ready?

Listen to me. → → Eyes on me. ← ←



Review



You are going to:



**review what you have learned in
Lesson 1, 2 and 3.**

Warm-up

Let's read and guess.

Riddle Time

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?



Lesson 1

Review



Activity

Complete the sentences with the words in the Word Bank.

Word Bank: wheat source cuisine grain

1

Wheat and corn is

_____.



2

I like to eat Japanese

_____.



3

We can use _____
flour to make bread.



4

Lemons are a good
_____ of vitamin C.



Activity

Read the text and circle the action verbs.



I jump. I dance.
I cannot stop.
I open the door.
I run outside.

I swing. I slide.
I shout.
I feel great!
I play basketball.



Activity

Complete and role-play.

Hints: grain source energy



Mom, please! I don't want to eat more...

But grain gives...



Really? Does such bad-tasting food provide us with...?

Of course. Grain is a great... of food energy.



Lesson 2

Review



Activity

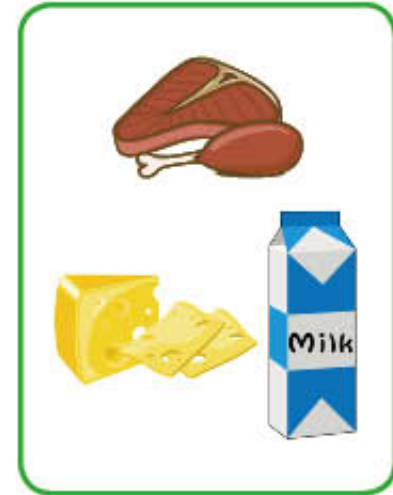
Read and match.

The food pyramid has four levels.

Oranges are rich in vitamin C.

Meat and dairy are rich in protein.

Ice cream is sweet. It has a lot of sugar.



Activity

Read the passage and answer the questions.

The second level contains fruits and vegetables. They are rich in vitamins and minerals. We use them to keep our bodies healthy.

The third level contains meat and dairy. They are rich in protein. We use protein to build strong bodies.



What are rich in vitamins and minerals?



What do we use protein to do?



Writing Project

Write a passage about how we can eat healthily.



Let's talk!

How can we eat healthily?



We should follow the food
pyramid. We should eat... the
most to...



Hints: grain energy sugar rich in source vitamins

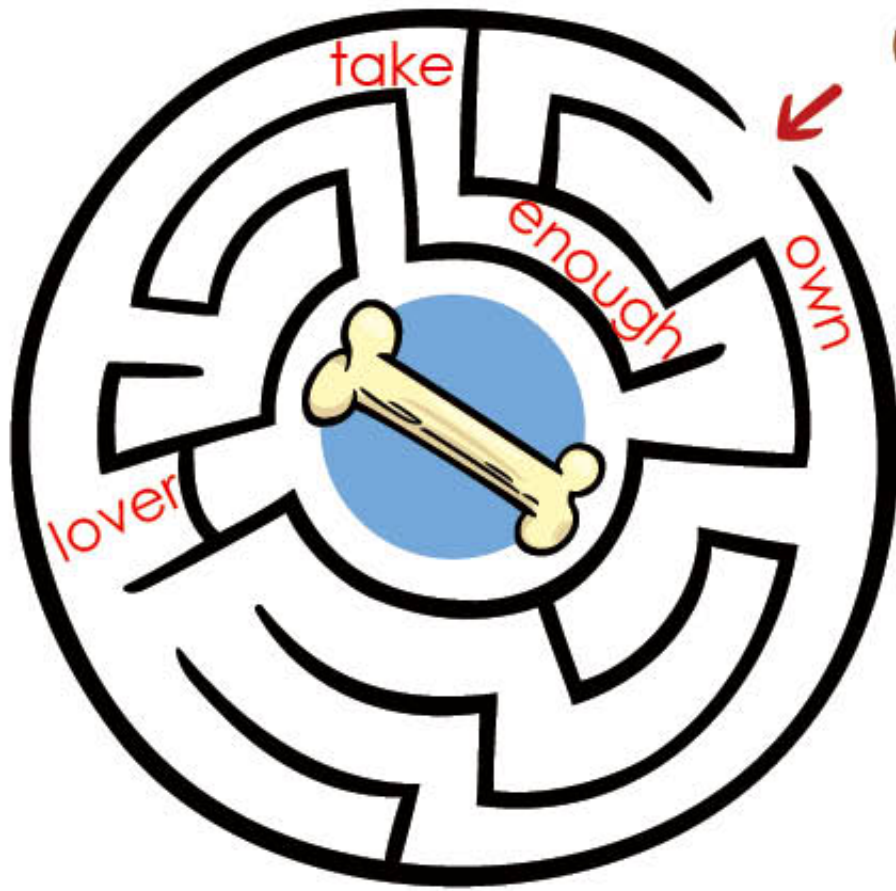
Lesson 3

Review



Activity

Complete the sentences with the words.



Help me
get the
bone!

1. Fuzzy can make his _____ vitamin C.
2. The dog is a bone _____.
3. It will _____ us too long to get enough vitamins from meat.
4. We need to eat meat and dairy to get _____ protein.

Activity

Make sentences with "have to".

I **have to** finish my homework before 9:00.

...

...

1



2



eat vegetables

3

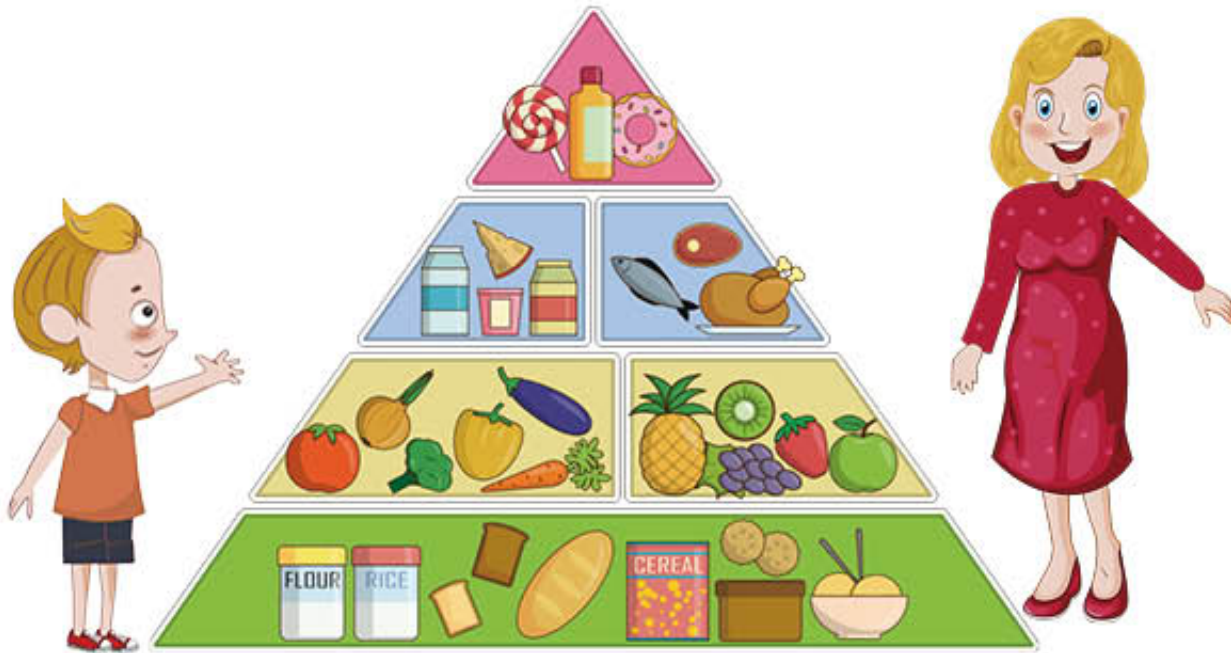


wash my hands
before eating

Activity

Complete and role-play.

Hints: lover enough take



From today, let's follow the food pyramid. You must eat more vegetables.

Mom, that's really hard for...



We have to eat vegetables to get...

Why can't we get vitamins from meat?



Because meat gives us very few vitamins and it would... us too long to get enough.

Today I reviewed:

Topic

Food —

- Food Energy
- The Food Pyramid
- Vitamins in Food

Key Words and Phrase



grain, source, wheat,
cuisine



level, rich in, dairy,
sugar



lover, enough, take,
own

Today I reviewed:

Sentence Pattern



We **have to** eat
vegetables to get
enough vitamins.

Grammar



Verbs (action verbs)
e.g. I don't want to
eat more grain!

SEE YOU SOON!



51 TALK

