



Are You Ready?

Listen to me. → → Eyes on me. ← ←



Food Energy



You are going to learn:



Topic: Food — Food Energy



Key Words: grain, source, wheat, cuisine



Grammar: Verbs (action verbs)

Warm-up

Let's read and talk.

Rhyme Time

Pat bread, pat bread, the baker's child.
Bake me bread as fast as you can.
You pat it and roll it and mark it with B.
And put it in the oven for baby and me.



What do we use to make bread?



Let's prepare!



Vocabulary



Rice and corn
are **grain**.

grain



Which is not grain?



Vocabulary



Oranges are a good **source** of vitamin C.

source



Which picture shows a good source of vitamin C?



Vocabulary



We can use **wheat** flour to make bread.

wheat



Which is wheat?



Vocabulary



Sushi is a famous kind of Japanese **cuisine**.

cui·sine



What is your favorite Chinese cuisine?

Grammar



Timmy and Sam **play** basketball.

The children **jump** at the beach.



“Play” and “jump” are verbs that show action.
Can you give another two words that show action?

Introduction



Timmy and his mother
are talking about food
in the kitchen.

Let's talk!



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

Grammar

Verbs (action verbs)

An action verb is a word
that expresses an action.

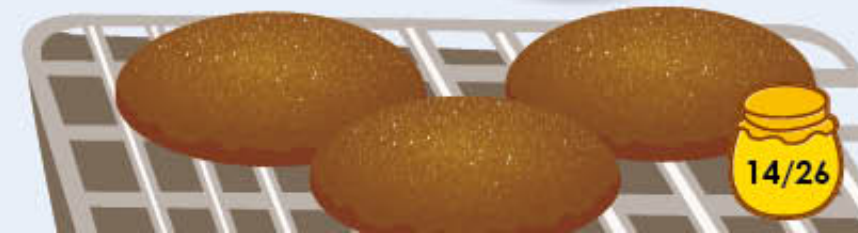
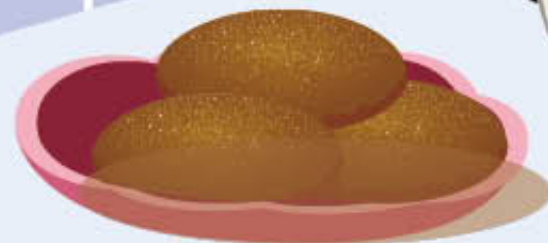
e.g. run shout
cry dance

But grain gives
you energy.



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

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



What would happen if we didn't eat grain?

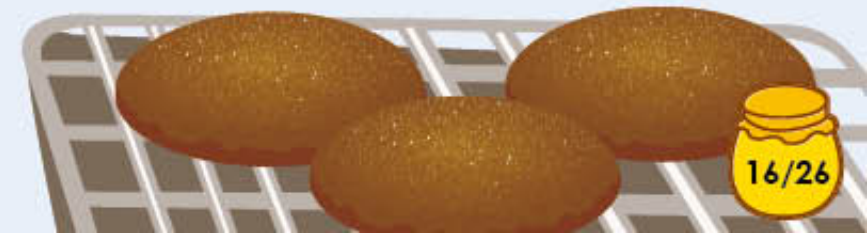
You would have less energy to do a lot of things.



So I couldn't win
our school's
running race!



That's right! The
more active you
are, the more
food energy you
need!



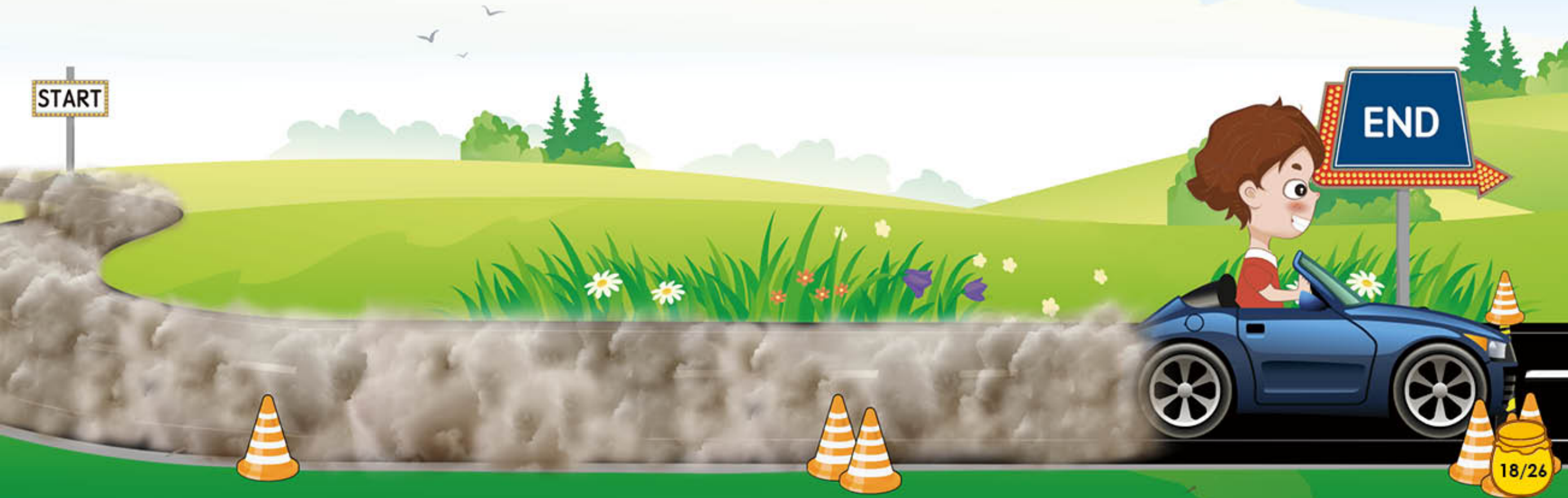
OK, Mom. Give me
the whole **wheat**
bread you made. I
will eat all of it!



Good boy! East or
west, your mom's
cuisine is the best!



Let's practice !



Activity

Match and say.

1



wheat

source

cuisine

grain

2



4



Activity

Complete the sentences with the words.

Word Bank: wheat source cuisine grain

1

We should eat more ____.



2

Grain is a great ____ of food energy.



3

My mother loves to make whole ____ bread.



4

East or west, my mom's ____ is the best!



Activity

Complete the crossword puzzle.



Activity

Read the sentences and circle the action verbs.



Activity

Complete and role-play.

Hints: grain source



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

But grain gives you energy.



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

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



Continued on
next page.



Activity

Continued...

Hints: cuisine
wheat bread



What would happen if I didn't eat grain?

You couldn't win your school's running race.



OK, Mom. Give me the... you made. I will eat all of it!

Good girl! East or west, your mom's... is the best!



Today I learned:

Topic

Food —
Food Energy

Key Words

-  grain
-  source
-  wheat
-  cuisine

Grammar



Verbs (action verbs)

e.g. I don't want to **eat** more grain!

SEE YOU SOON!



51

TALK

