



Dear teachers, please do not teach this page.

亲爱的小朋友们，此页是为老师准备的教学目标页。

You are going to learn:



Topic: Eating Habits – An Athlete's Diet



Grammar: Quantifiers



Reading skill: Comparing and contrasting



Are You Ready?

Listen to me.



Look at me.

AN ATHLETE'S DIET

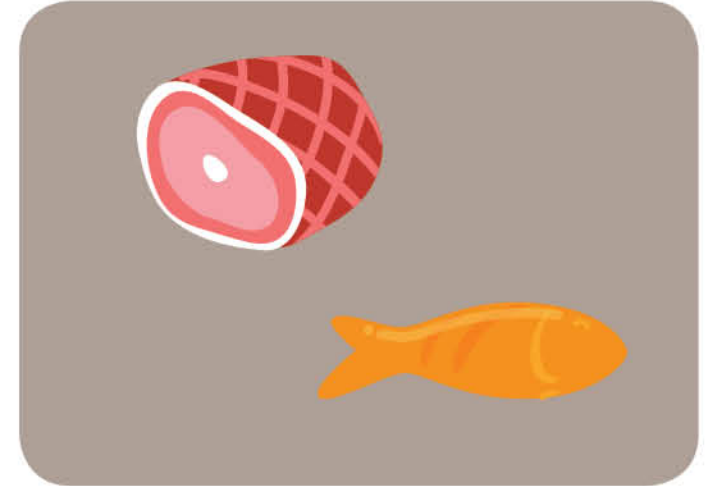
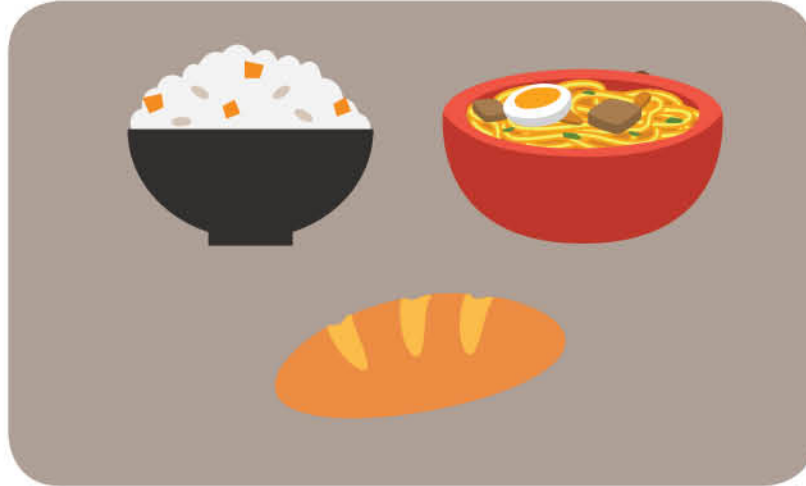
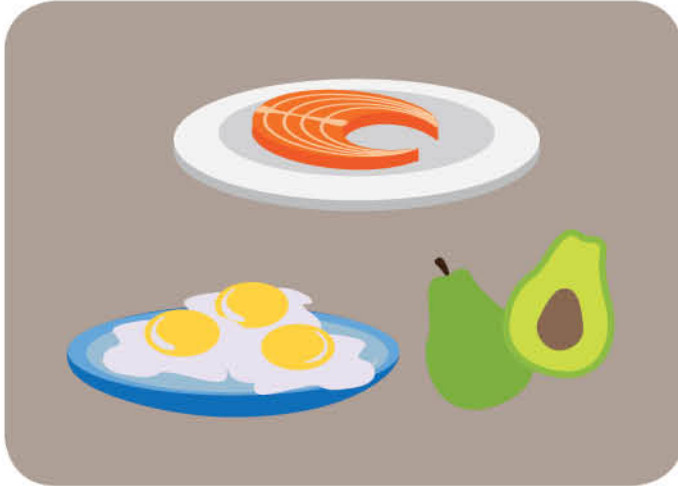


Classic English Junior Level 6 - Unit 3 - Lesson 7

INTENSIVE READING

WARM-UP

What should Timmy eat if he wants to be an athlete?



• LET'S PREPARE! •

VOCABULARY



athlete



excel



a balanced diet



consume



unsaturated



fluid



dehydrated



condition

GRAMMAR

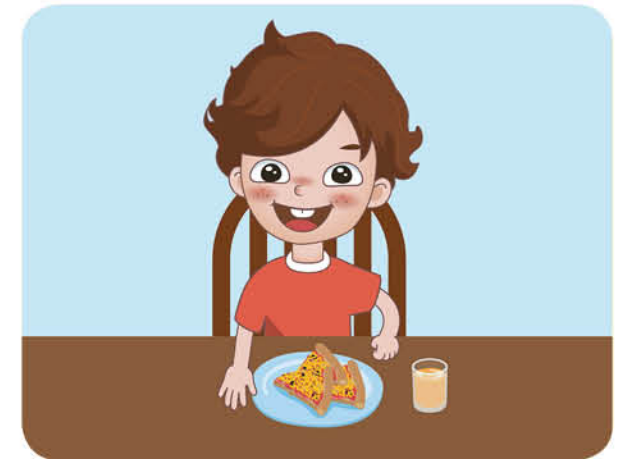
A **quantifier** is a word or phrase that tells the amount or quantity of something. It always comes before a noun.

Examples:

She always eats **plenty of** vegetables.

You can put **some** sugar in your cereal.

Timmy sometimes eats **too much** pizza.



Use the following quantifiers in a sentence.

1. many My cousin, who is a swimmer, eats many cups of rice in a day.
2. a lot of _____
3. a little _____

READING SKILL**Comparing and contrasting**

When comparing, you find out how things are the same and how they are different. On the other hand, contrasting only gives attention to how things are different from one another.

Compare the two food groups by filling in the blanks.

Carbohydrates | Protein

1. Both food groups are _____ for the body.
2. Carbohydrates give the body _____, while protein helps to make the body _____.
3. _____ belongs to both food groups.

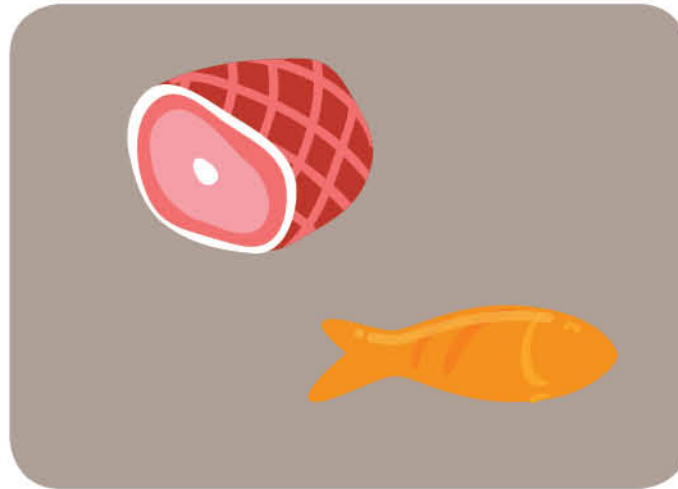
WORD BANK: milk good strong energy

• LET'S READ! •

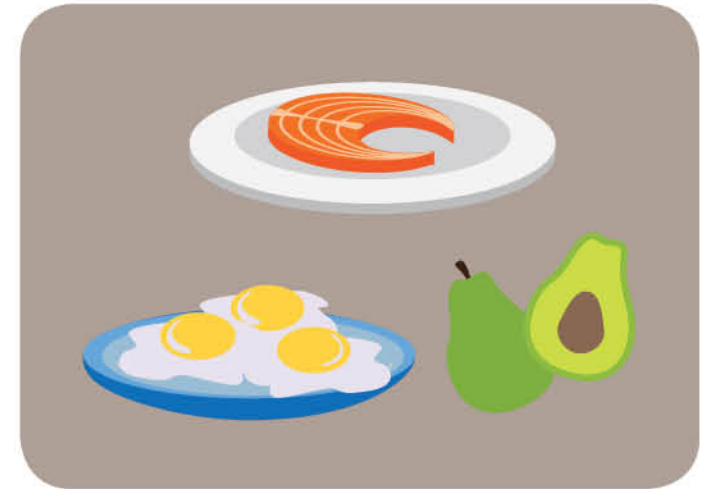
Guess the words by putting their letters in order.



1. b h c a a o y r t d s r e



2. o e p n r t i



3. t n a d t e u a d s u r
t f a s

INTENSIVE READING

AN ATHLETE'S DIET

Timmy and his dad were watching television when they saw Timmy's favorite **athlete**, Jane. Jane is famous all over the world because she plays not just one, but three kinds of sports. She plays tennis, badminton, and table tennis.



“Jane **excels** in different sports. For me, she is the best athlete in the world!” Timmy said. “Do you want to be like her someday? Then you must start eating **a balanced diet**,” said his dad.



"I agree. So what should my diet be like, Dad?" Timmy asked. His dad told him he needs to **consume** enough carbohydrates from grains, rice and bread. He can get **some** protein from lean meat, and a bit of **unsaturated** fat from fish.



Timmy thought about it for a moment, then said, "I think an athlete's diet should have more protein. It helps with building and maintaining muscles after all."

"Yes, protein does that, but consuming too much protein can also be harmful to your liver and kidneys," answered Timmy's dad. His dad added that athletes need to take a lot of **fluid** to avoid getting **dehydrated**.



Compare and contrast the amount of protein an athlete and a student should eat.

An athlete should eat ...

A student should eat ...

“All right. From now on, I’ll have an athlete’s balanced diet!” Timmy said excitedly. “That’s great, Timmy. I think doing this will also **condition** your body to be healthy and strong,” said his dad. His dad was glad that Jane inspired Timmy to dream about being a great athlete in the future.



WRITING PREPARATION

Compare and contrast the diet of an athlete and someone who is not by completing the table below.

Food and drinks	Athlete	Non-athlete
carbohydrates		
protein		
food with unsaturated fats		
fluid		

WORD BANK

many
bread

plenty of
lean meat

little
fish

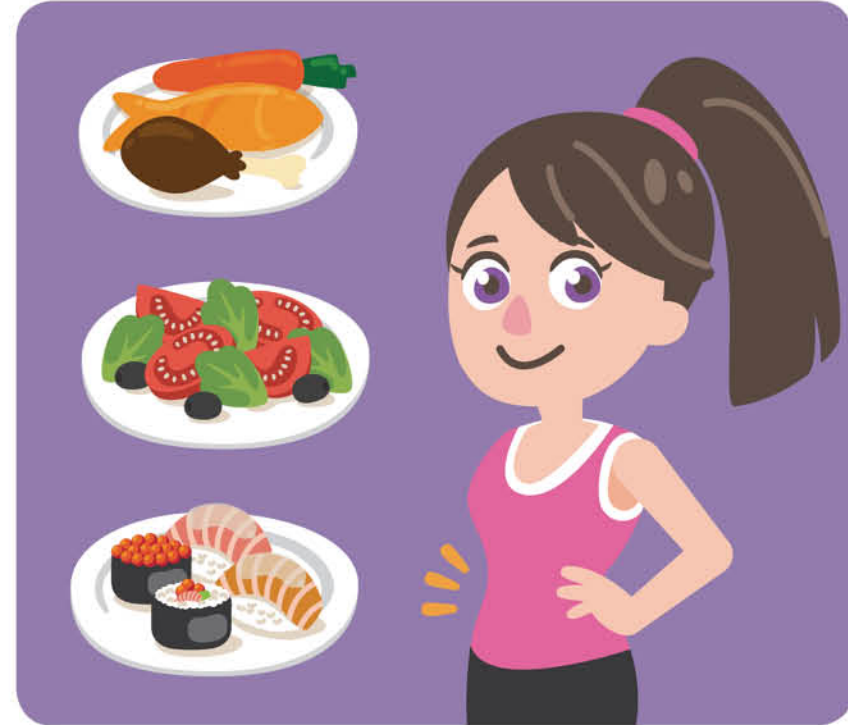
some
water

rice
milk

WRITING PROJECT

Talk about the diet of an athlete.

1. What kinds of food should athletes eat?
2. How much of each kind of food should they eat?



Write a passage about this after class.

Today we learned:

TOPIC

Eating Habits – An Athlete's Diet



GRAMMAR

Quantifiers

He can get **some** protein from lean meat, and a bit of unsaturated fat from fish.

READING SKILL

Comparing and contrasting



**SEE YOU
SOON!**

51Talk