



**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:**



**Review what you have learned  
in Lessons 5, 6, and 7.**



# Are You Ready?

**Listen to me.**



**Look at me.**

# REVIEW



Classic English Junior Level 6 - Unit 3 - Lesson 8

REVIEW

**WARM-UP**

What do you usually eat for breakfast, lunch, and dinner?



## • LESSON REVIEW •

## ACTIVITY

Say what each food group has and what they can do to our bodies. Use the hints.

1



Meat has **protein** which helps our bodies grow and get stronger.

2



\_\_\_\_\_

\_\_\_\_\_

3



\_\_\_\_\_

\_\_\_\_\_

4



\_\_\_\_\_

\_\_\_\_\_

## HINTS

nutrients  
carbohydrates  
energy  
~~protein~~  
healthy fats  
risk for a heart disease



**ACTIVITY****Read and complete the passage.**

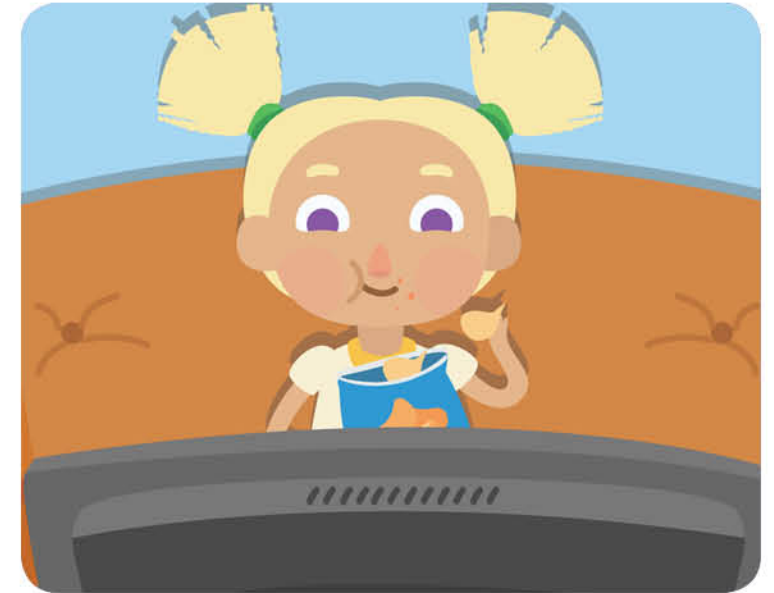
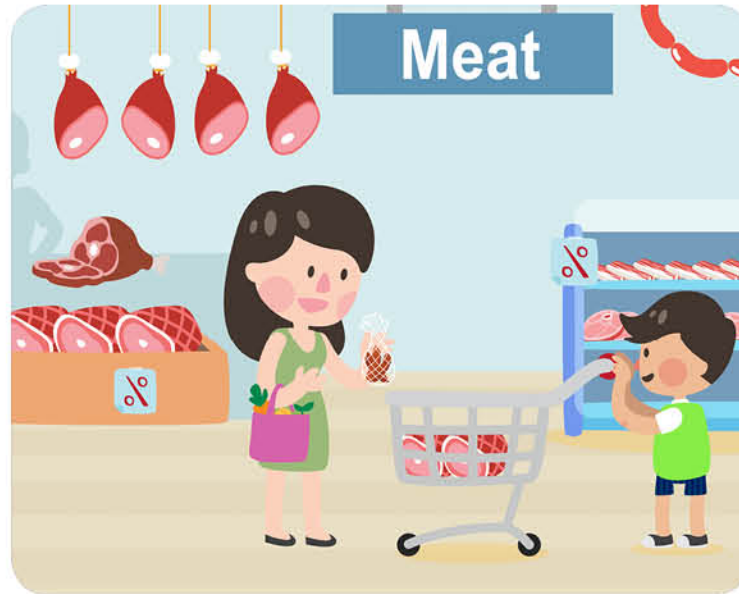
This is Michael Kelps. He wants to be an \_\_\_\_\_ someday. To become one, he needs to follow \_\_\_\_\_. He has to \_\_\_\_\_ food with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. He also needs to drink a lot of \_\_\_\_\_ so he won't get \_\_\_\_\_. For him to \_\_\_\_\_ in a sport, he needs to \_\_\_\_\_ his body by exercising.

**WORD BANK**

- consume
- condition
- protein
- fluids
- unsaturated fats
- dehydrated
- athlete
- excel
- carbohydrates
- a balanced diet

## ACTIVITY

Make sentences about the following pictures using the simple present tense. Use a different verb for each sentence.



## VOCABULARY STRATEGY

**Homophones** are words that sound alike but have different spellings and meanings.

**Examples:**

bare - bear

dear - deer

meet - meat

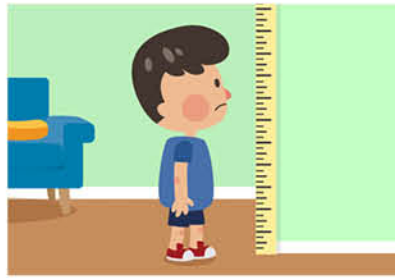
**Choose the correct words to complete the sentences.**

1. I want to eat another (peace, piece) of chocolate chip cookie.
2. Sandy will (write, right) a letter to her friend who lives in Canada.
3. The children were so surprised to see (there, their) food gone.
4. Jack wants to go to his grandfather's farm to pick some (pairs, pears).



**ACTIVITY**

Complete the realistic fiction story.



1



2



3



4



5

Charlie's dream was to be a basketball player someday. However, he was not                     <sub>1</sub>. Despite this, he still wanted to achieve his dream. He started to follow                     <sub>2</sub>. He also                     <sub>3</sub>. Soon, he became                     <sub>4</sub>. Now, he is happy to be a                     <sub>5</sub>.

**ACTIVITY**

Compare and contrast the food pairs.  
How much of each pair should an athlete eat?

1



rice and meat

Rice has carbohydrates while meat has protein.  
An athlete should eat enough rice and less meat.

2



bread and eggs

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3

vegetables  
and pizza

---

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4



grains and fish

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**HINTS** protein, unsaturated fats, healthy fats, nutrients

## WRITING PREPARATION

You're an athlete for a big sports event in your school. This means you need to train every day and change your eating habits. Talk about what you should do to prepare for this event.

To prepare for the sports event,  
I must / need to / have to ...



### HINTS

- a balanced diet
- consume
- carbohydrates
- protein
- unsaturated fats
- healthy fats
- fluids
- dehydrated
- condition
- exercise

## WRITING PROJECT

It's your friend's first time to join a big sports event.  
What advice would you give him to prepare for this event?



Write a passage about this after class.



## Today we learned:

### VOCABULARY STRATEGY

Homophones

## Today we reviewed:

### KEY WORDS

- ★ nutrient, protein, carbohydrate, risk
- ★ athlete, unsaturated, fluid, dehydrated, a balanced diet, consume, excel, condition

## We also reviewed:

### GRAMMAR

Simple present tense

### GENRE

Realistic fiction

### READING SKILL

Comparing and contrasting



**SEE YOU  
SOON!**

**51Talk**