**Unit 4 Grade 04**

**Breakfast**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Words** | **Meaning** | **Words** | **Meaning** | **Words** | **Meaning** | **Words** | **Meaning** |
| breakfast | ناشتہ | tired | تھکا ہوا | large | بڑا | sugary | چینی والا |
| important | اہم | better | بہتر | amount | مقدار / رقم | health | صحت |
| meal | کھانا | solve | حاصل کرنا | sugar | چینی | energy | توانائی |
| prepare | تیار | problems | مسائل | plain | سادہ | last long | دیرپا |
| keeps | رکھتا ہے | easily | آسانی سے | yogurt | دھی | fat | موٹا/چربی |
| active | چُست | cereals | دلیہ | better | بہتر | sick | بیمار |
| get | حاصل کرنا | parathas | پراٹھا | sometime | کبھی کبھار | therefore | اسی لیے |
| up | اٹھنا | porridge | دلیہ | also | بھی | should | چاہیں |
| morning | صبح | butter | مکھن | fruit | فروٹ | occasional | وقتی |
| energy | توانائی | eggs | انڈے | makes | بنانا | treat | علاج |
| low | کم تر | provide | مہیّا کرنا | quick | جلد | once | ایک دفعہ |
| eat | کھانا | dairy | ڈیری | easy | آسانی | twice | دو مرتبہ |
| feel | محسوس کرنا | products | پیداوار/اشیاء | keeps | رکھنا | week | ہفتہ |
| weak | کمزور | growing | پیدا کرنا | skin | جلد |  |  |
| tired | تھکا ہوا | bodies | جسم | fresh | تازہ |  |  |
| think | سوچنا | healthy | صحت مند | healthy | صحت مند |  |  |
| mathematics | ریاضی | bones | ہڈیاں | many | کئی |  |  |
| think | سوچنا | avoid | بچنا | proper | مناسب |  |  |
| food | خوراک | flavoured | ذائقے | food | خوراک |  |  |
| regularly | باقاعدگی سے | yogurt | دہی | pastries | پیسٹری |  |  |
| alert | چست/تیز | contain | مشتمل ہونا | too much | بہت زیادہ |  |  |

**Phase with Meanings**

|  |  |  |  |
| --- | --- | --- | --- |
| **Words** | **Meaning** | **Words** | **Meaning** |
| the most important | انتہائی اہم | quick and easy | جلد اور آسان |
| for a long day | پورے دن کے لیے | too much | بہت زیادہ |
| gets up | جلدی اٹھنا | last longer | زیادہ دیر تک / دیرپا |
| large amount of | بری مقدار میں | once or twice | ایک یا دو مرتبہ |
|  |  | every day | ہر روز |

**Verbs with their meaning and their Nouns**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1ST Form** | **2nd Form** | **3rd Form** | **Meanings** | **Noun** | **Meaning** |
| prepare | prepared | prepared | تیاری کرنا | preparation | تیاری |
| keep | kept | kept | رکھنا | keeper | نگہبان |
| get | got | got | حاصل کرنا | -- | -- |
| feel | felt | felt | محسوس کرنا | feelings | احساسات |
| think | thought | thought | سوچنا | thinker | مفکر |
| take | took | taken | لینا | taking | گرفتاری |
| work | worked | worked | کام کرنا | work | کام |
| solve | solved | solved | حل کرنا | solution | حل |
| avoid | avoided | avoided | بچنا | avoidance | بچاو /احتراز |
| eat | ate | eaten | کھانا | eatable | کھانے کی چیز |
| treat | treated | treated | سلوک کرنا | treatment | سلوک |

**Vocabulary**

**Do you know the name of the food item? Write the name under each item.**

apple, biscuit, peas, bread, chips, cake, yoghurt, strawberry, egg

**Reading Comprehension**

Q1. When do we take breakfast?

Ans. We take breakfast in the morning.

Q 2. What happens when you skip the breakfast?

Ans. If I skip my breakfast I feel weak and tired.

Q3. How do those children feel who take breakfast regularly?

Ans. Children who regularly take their breakfast feel more active and less tired.

Q 4. How are fruits good for our health?

Ans. Fruits save us from diseases and keep us healthy.

Q5. Why should we eat small quantity of sugary food?

Ans. We should eat small quantity of sugary food because they can make us fat and sick.

**Grammar**

**Countable nouns** are the things we can count. Examples: book, pencil, bag

|  |  |
| --- | --- |
| Countable nouns | Uncountable nouns |
| egg, jug, apple, cup, glass | tea, sugar, jam, rice, flour,  juice, |

**Uncountable nouns** are the things we cannot count. Examples: rice, water, milk

1. **Fill in the blanks.**
2. A cup of tea
3. A glass of water
4. A glass of milk
5. A glass of juice
6. A piece of meat
7. A piece of cake
8. A bowl of soup
9. A piece of bread
10. A bag of flour
11. **Read the hint and complete the words.**
12. Cake becomes sweet with it. **sugar**
13. I read it. **book**
14. It is liquid and white. **milk**
15. I sit on it**. chair**
16. We make it with flour. **bread**
17. It is clear and can take any shape. **water**
18. I carry it to school every day. **bag**
19. It is food for cars. **petrol**

**c. Separate countable and uncountable nouns from activity B.**

|  |  |
| --- | --- |
| Countable nouns | Uncountable nouns |
| sugar, milk, bread, water, petrol | book, bag, chair |

1. **Match the column.**

(Please see the answers below; children can match on the book with the help of teacher.)

|  |  |
| --- | --- |
| her | hers |
| his | his |
| my | mine |
| its | its |
| your | yours |
| our | ours |
| their | theirs |

1. **Fill in the blanks with appropriate pronouns.**

ours hers theirs yours his

**Example:** This is my bag. This bag is **mine**.

1. This is her camera. This camera is **hers**.
2. This is your ball. This ball is **yours.**
3. This is our house. This house is **ours.**
4. This is his story book. This storybook is **his.**
5. This is their car. This car is **theirs.**

**Writing Skills**

1. **Here is the method of “Making a sandwich”. Look at the pictures and arrange the sentences in correct sequence.**
2. Take two slices of bread.
3. Put a kabab on one slice.
4. Add ketchup.
5. Put the other slice on top.
6. **Rewrite these sentences using correct capitalisation and punctuation.**
7. Where do you live?
8. The city of Islamabad is the capital of Pakistan.
9. The new school session will begin in April.
10. Wow! It was beautiful scenery.
11. Are you going to the Zoo on Saturday?

**C. Complete the paragraph on “Making Sandwich” using these joining words.**

First Next Then After Finally

Making a sandwich is very easy**. First** take two slices of bread. **Next** put a kabab on one slice. **Then,** add ketchup. **After** that, put the other slice on top. **Finally**, your sandwich is ready to eat.