



Tips: 1. Ask the students to look at these food and click the picture. 2. Have students say these names. 3. Correct the mistakes. Ask more questions, for example "Have you ever eaten these foods?" (4 min)



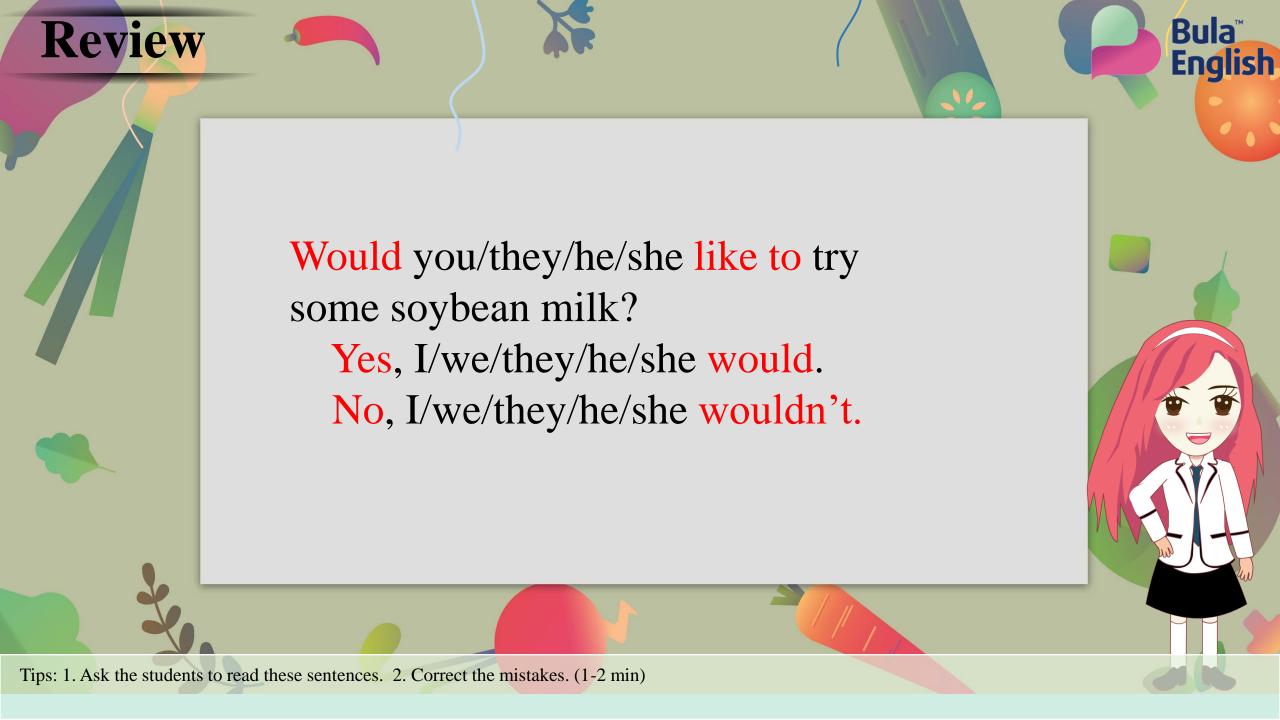


Bula™

English

Would you like some sweet dumplings?
Yes, please.
No, thanks.





Complete the sentences.



1. Would Mike like to try a steamed bun?

Yes, _____.

2. Would Anne like to try some bone soup?

No, _____.

3. Would your sisters like to try yogurt with fruit?

Yes, _____.



Complete the sentences.



A: What _____ you ____ to eat for lunch?

B: I'm not sure.

A: ______ you_____ to go to the new Thai

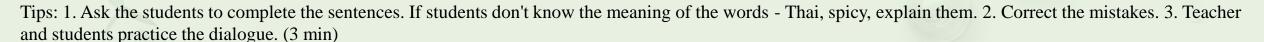
restaurant?

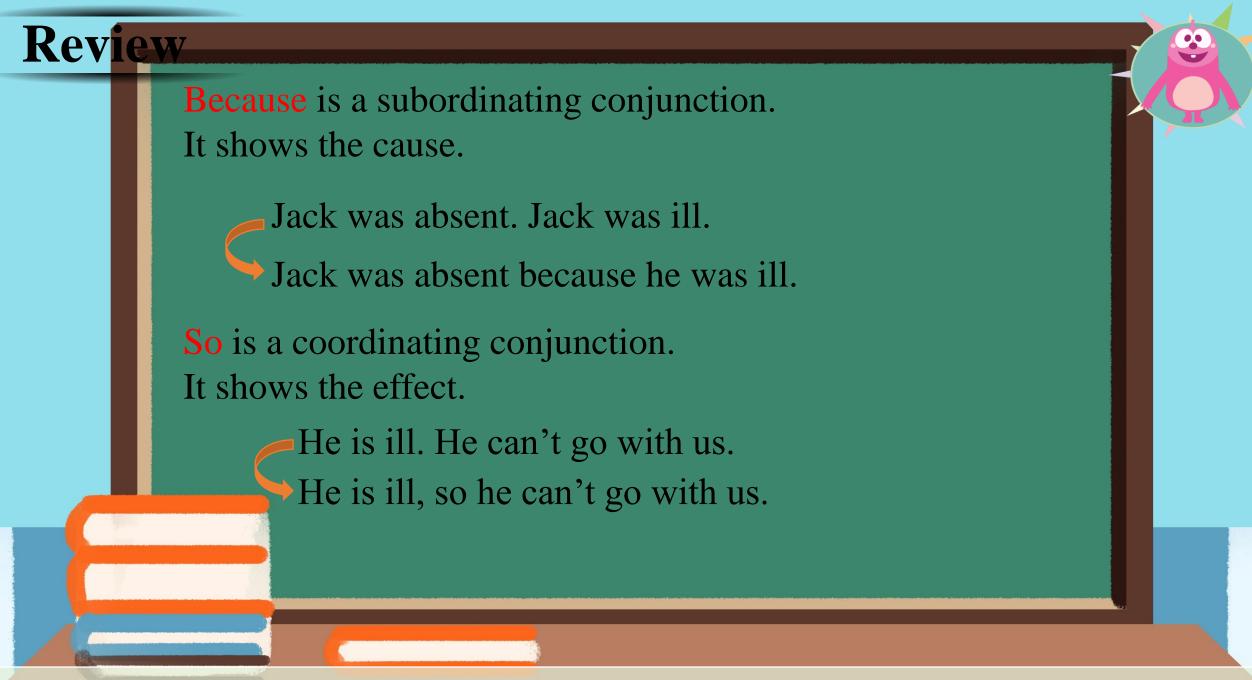
B: Yes, I _____. What's Thai food like?

A: Some of it is spicy. _____ you ____ spicy food?

B: Yes, I _____!

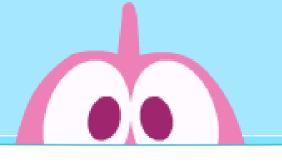
A: Great. Let's go.





Tips: 1. Have students read these sentences at least twice. Explain the usage of because and so. 2. Correct the mistakes. (2-3 min)





Join the sentences. Use the conjunctions.

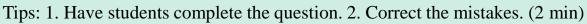
It was raining. We stayed at home.

(because) ____

(so) _____

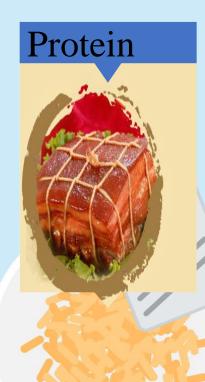




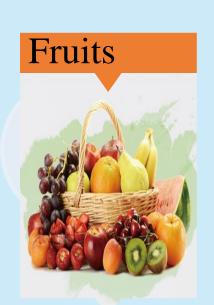




Eat a Balanced Diet



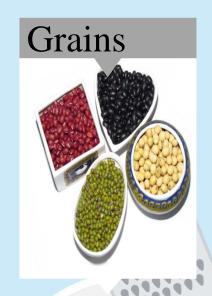
All foods made from meat, poultry, seafood, eggs, nuts, and seeds are considered part of the Protein Foods
Group.



The fruit food group encompasses a wide range of fresh fruits and fruit products.



Eat a Balanced Diet



It includes healthy foods like cereal, rice and pasta.



The vegetable food group includes an array of fresh vegetables and vegetable products



This includes cheese, milk and yogurt.





Improve Your Eating Habits

Eating healthy is a journey shaped by many factors, including our stage of life. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

