

PROGRESS REVIEW 3

MY EVALUATION Check your progress. Do the exercises and then complete your own evaluation.



I need to try this again.



I am happy with this.



I could do this better.



I can do this very well.

VOCABULARY Food

1 Complete the words in the texts.



What's your favourite food?



Kai

My favourite meal is breakfast. I like all the different food you can have! I often have an ¹e _ _ with some ²b _ _ _ and I usually drink some cold ³j _ _ _ with that. A good breakfast is the best start to the day!



Jasmine

I like healthy food. I love eating ⁴f _ _ _ , for example, grapes or a nice ⁵a _ _ _ . For lunch, I often have a ⁶s _ _ _ with cucumber and a lot of other things in it. If I make a pizza, I put a lot of ⁷v _ _ _ _ _ on it and of course, some ⁸c _ _ _ . I don't like unhealthy fast food such as ⁹b _ _ _ _ and ¹⁰c _ _ _ .

I can talk about food I like and dislike.

MY EVALUATION

READING Sumo style

2 Complete the text with the words.

bowls desserts
dish enormous train vitamins

Japanese sumo wrestlers have a very different lifestyle to most people. Many sumo wrestlers are ¹ _ _ _ _ _ – some of them weigh around 190 kilos! They also have to get up very early and ² _ _ _ _ _ a lot. They always eat a special ³ _ _ _ _ _ – it's called *chankonabe*. They often eat six or seven ⁴ _ _ _ _ _ of it in one meal! It's quite healthy because there are a lot of ⁵ _ _ _ _ _ in it and there isn't much fat. They don't only eat *chankonabe* – they have different things such as eggs, salads and ⁶ _ _ _ _ _ too.

I can summarise a text.

MY EVALUATION

LANGUAGE FOCUS *some, any, much, many* and *a lot of* + countable and uncountable nouns

3 Choose the correct words.

- There aren't sweets in this bag.
a. some b. much c. many
- I haven't got cheese with my burger.
a. any b. some c. many
- My sister eats unhealthy snacks.
a. much b. a lot of c. any
- There isn't soup in your bowl.
a. some b. much c. many
- Are there nice dishes on the menu?
a. any b. much c. a lot
- We've got nice black grapes.
a. some b. any c. much

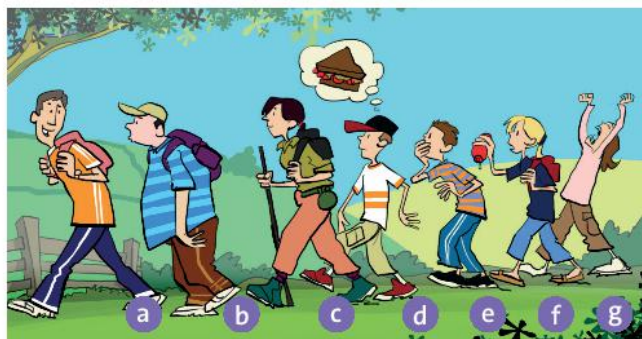
I can talk about food and meals.

MY EVALUATION

VOCABULARY AND LISTENING Adjectives: Health

4 2.21 Listen and draw lines from names 1–7 to people a–g in the picture.

1 Dad 2 David 3 Helen 4 Kate



5 Paul 6 Sarah 7 Tom

I can understand specific information.

MY EVALUATION