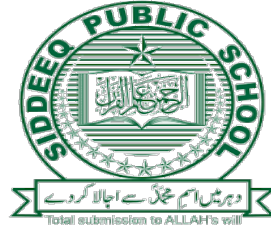


WEDNESDAY



15<sup>th</sup> September 2021



ENGLISH LESSON # 67

**REINFORCEMENT**



## Topics:

- 1) Healthy/Unhealthy Food
- 2) Contractions
- 3) Synonyms
- 4) Antonyms
- 5) Phonics (y,i)



HEALTHY AND UNHEALTHY FOOD





# Healthy Food



The food that makes us strong and fit is healthy food. e.g. fruit, vegetables, milk, meat, eggs, grains etc.





# Unhealthy Food



The food that makes us weak,  
lazy and slow is unhealthy food.  
e.g. soft drinks, junk food,  
sweets etc.



➤ Milk , eggs and fruits are good for our bones , teeth and body fitness. They make us strong and fit.



➤ But too much ice cream , candies and fried food is not good for us. They spoil (damage) our teeth. They make us lazy, fat and slow.



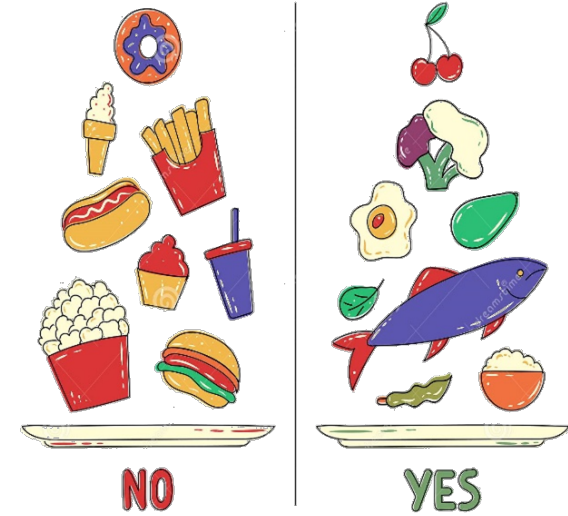
# What did we learn?

- We should always eat fresh and healthy food.
- We should also drink enough water daily.



### Activity 1: Put T for true and F for false sentences.

- (i) Junk food makes you fat. **T**
- (ii) Too much ice cream is good for health. **F**
- (iii) The food that makes us strong is healthy. **T**
- (iv) Meat and eggs are not good for health. **F**



### Activity 2. Tell two sentences about your favorite food.





A decorative border surrounds the page, consisting of a series of overlapping semi-circles in blue, purple, pink, and yellow. In the center of the page, the word "Contractions" is displayed within a white rectangular box with a thin black border. The word is written in a sans-serif font, with each letter in a different color: C (grey), o (yellow), n (blue), t (green), r (purple), a (grey), c (green), t (blue), i (purple), o (green), n (blue), s (purple).

# Contractions

A contraction is a word made by shortening and combining two words.

For example :

he is (he's)  
did not (didn't)

**Remember!**  
Contractions are also called short forms.

## Words

## Contractions

1. I am
2. she is
3. he is
4. it is
5. you are
6. we are
7. they are
8. do not
9. does not
10. did not

- I'm  
she's  
he's  
it's  
you're  
we're  
they're  
don't  
doesn't  
didn't

## Words

## Contractions

11. cannot
  12. I will
  13. we will
  14. you will
  15. I would
- can't  
I'll  
we'll  
you'll  
I'd

Q. Replace the full forms with contractions.

1. They are having dinner.

They're having dinner.

2. Hania does not like oranges.

Hania doesn't like oranges.

3. I will go to school early tomorrow.

I'll go to school early tomorrow.

4. A zebra cannot fly.

A zebra can't fly.

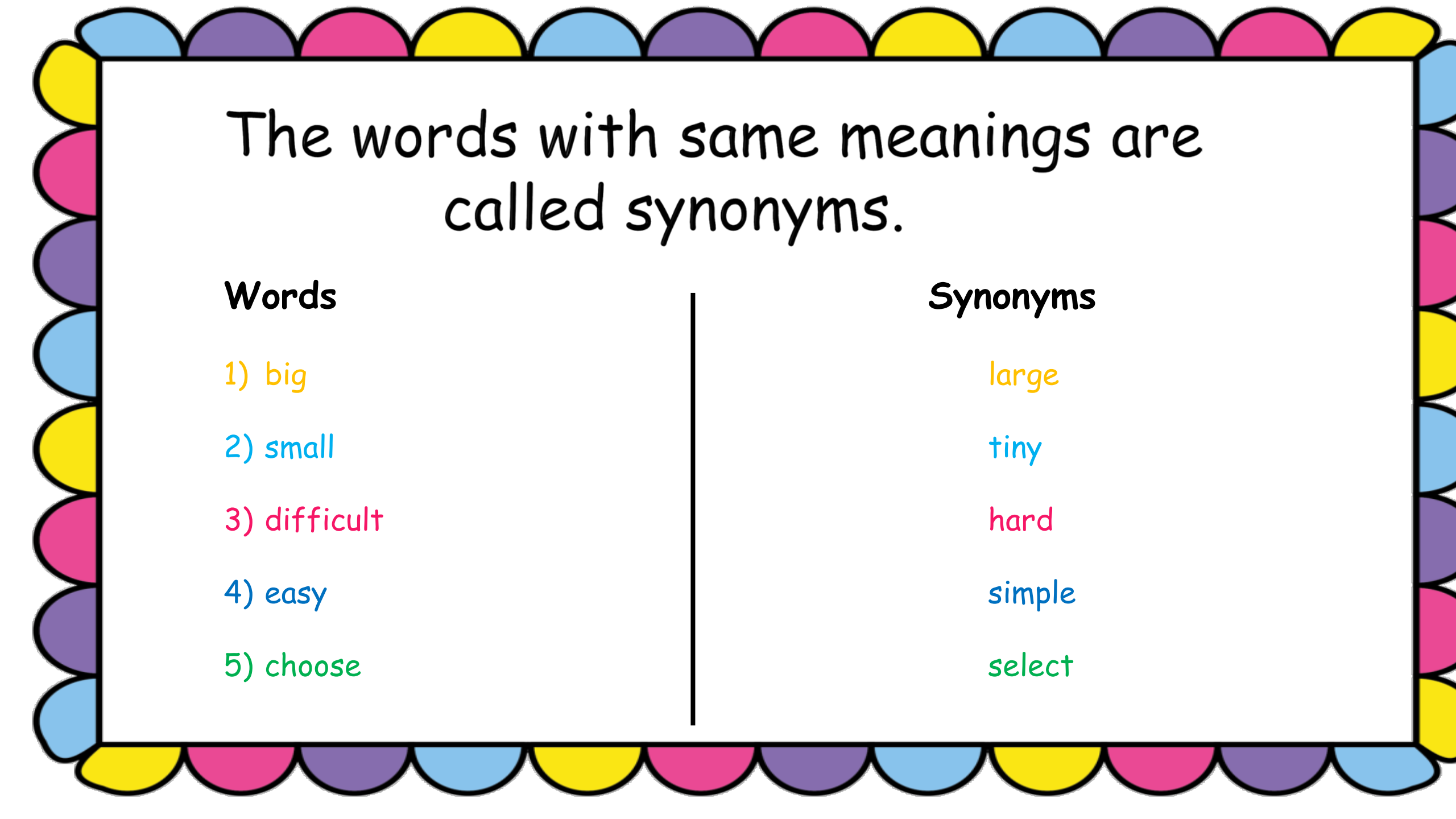
5. I would like to have tea.

I'd like to have tea.





Synonyms



The words with same meanings are called synonyms.

**Words**

1) big

2) small

3) difficult

4) easy

5) choose

**Synonyms**

large

tiny

hard

simple

select

## Words

6) begin

7) pretty

8) happy

9) complete

10) fast

## Synonyms

start

beautiful

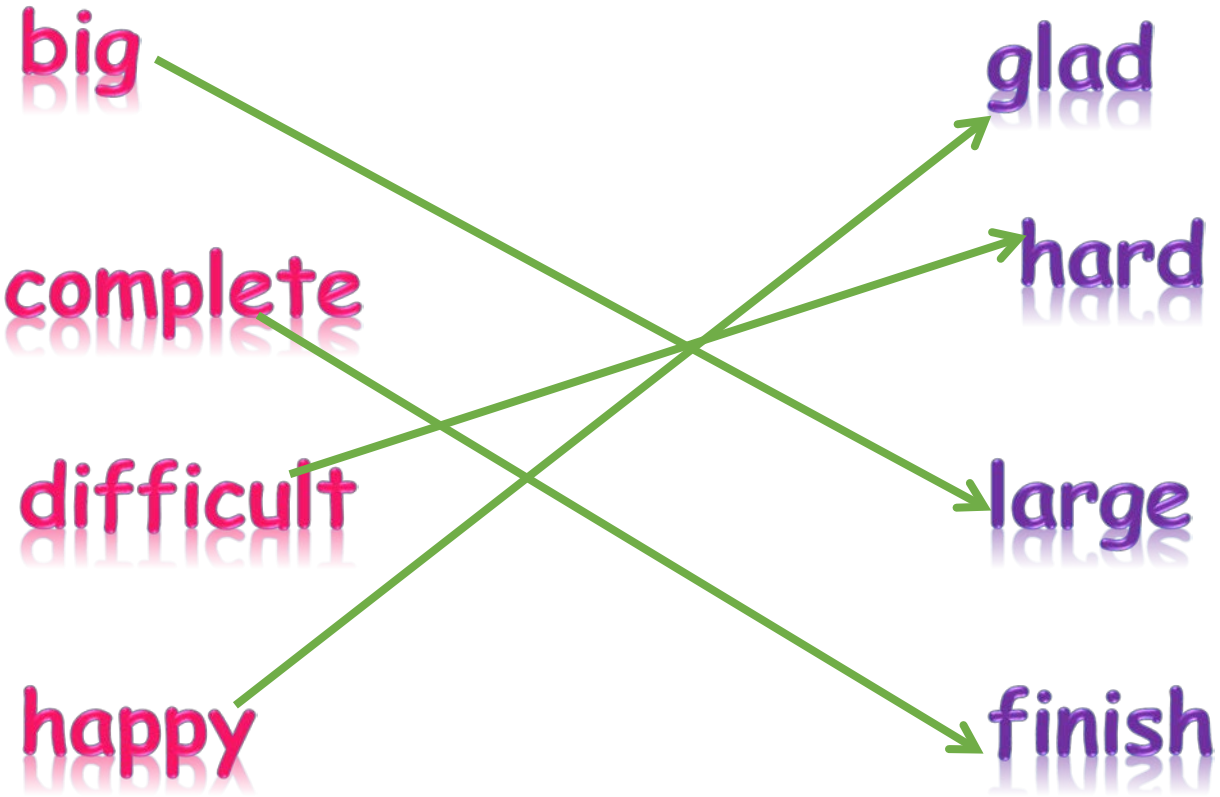
glad

finish

quick

Learn the  
spelling

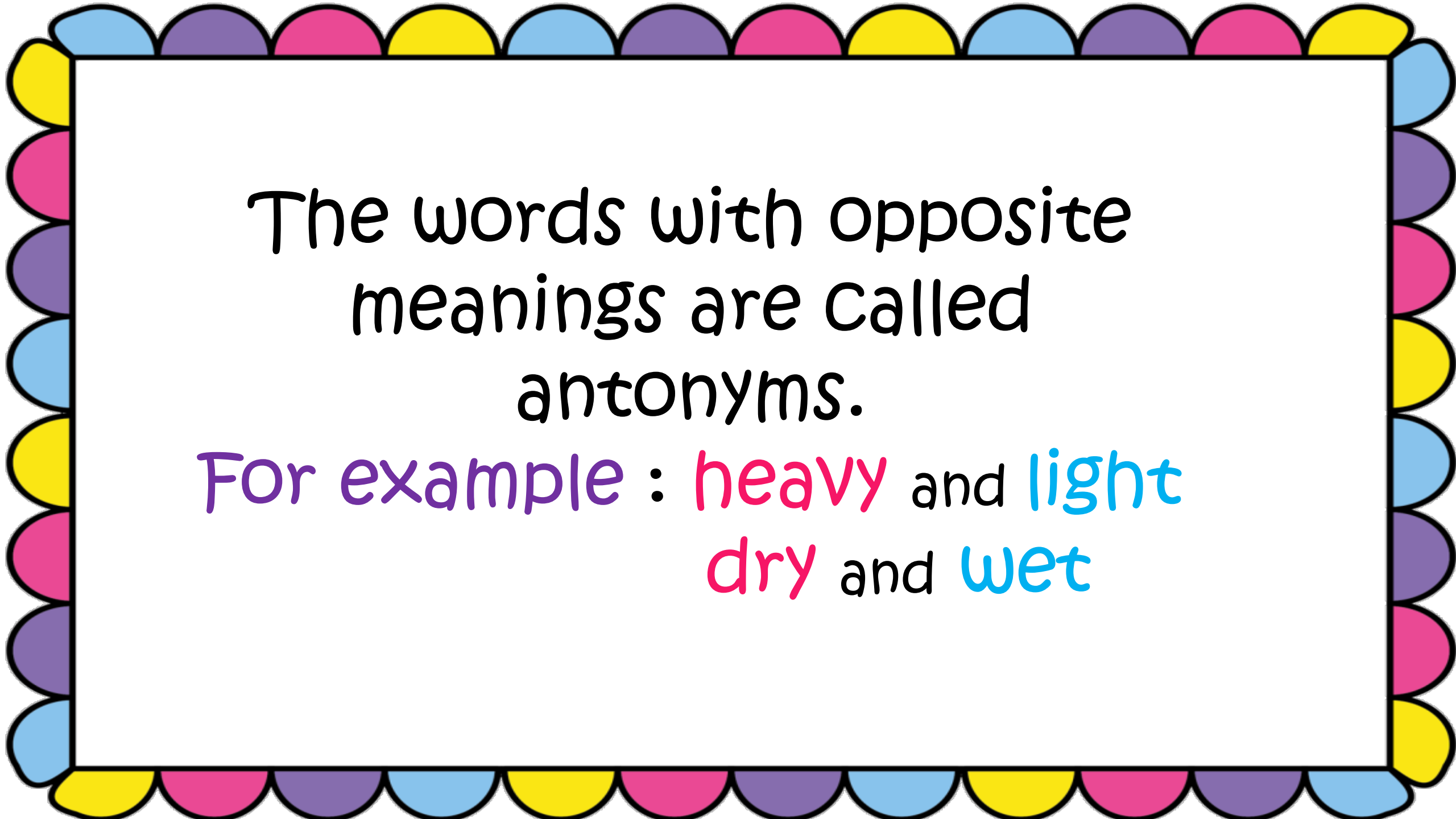
Q. Match the words with their synonyms.







ANTONYMS



The words with opposite  
meanings are called  
antonyms.

For example : heavy and light  
dry and wet



## Words

1. clean

2. empty

3. dry

4. fast

5. heavy

6. hot

## Antonyms

dirty

full

wet

slow

light

cold

## Words

7. pull

8. noisy

9. sweet

10. soft

11. strong

12. blunt

13. healthy

## Antonyms

push

quiet

sour

hard

weak

sharp

sick

Learn the  
spelling



Q. Fill in the blanks with the antonyms of the words in brackets.

1) The books are too heavy (light).



2) The lemon is sour (sweet).



3) Sara has a big bag (small).



4) Faizan is so happy today (sad).

# Phonics

y i

Encircle the odd sounds of **y**

Same letter can  
produce different  
sounds

yellow

happy

yesterday

fly

angry

silly

cry

why

yolk

Encircle the odd sounds of i

pin

knife

tin

believe

thief

ink

kite

bin

wife

Same letter can  
produce different  
sounds



GOOD  
LUCK