

# Healthy Body, Healthy Mind



Chinese children exercising before school

**Look at the photo. Answer the questions.**

What are the children doing?

What healthy things do you do?

What do you do that isn't healthy?



# LESSON 1 Words

1 Listen and point. TR: 113



back



shoulder



stomach



tooth  
(two teeth)



a cold



a cough



a sore neck



sick



toothache



medicine

2 Listen and repeat. TR: 114

3 Write.

arm ear eye foot head leg

I have ~.	I have a sore ~.
a backache a stomachache	

4 Act and say.

What's the matter? Ah! Do you have a sore neck?

Yes!

# Grammar LESSON 2

1 Listen and chant. TR: 115

What's the matter? Can I help?

I have a sore leg. I have a sore leg.

You must sit down now. You must not run.

Thank you, doctor. Thank you very much.

What's the matter? Are you sick?

I have a stomachache. I have a stomachache.

You must drink hot water. You must not eat chocolate.

Thank you, doctor. Thank you very much.

2 Listen and read. TR: 116

You **must** sit down now. You **must not** run.

3 Match. Circle **must** or **mustn't**.

- I have a toothache. D
  - He's sick. He feels cold. —
  - She has sore eyes. —
  - We have stomachaches. —
  - I have a cold. —
  - She has an earache. —
- He **must** / **must not** stay in bed.
  - She **must** / **must not** go to the doctor and get some medicine.
  - She **must** / **must not** look at her tablet at night.
  - You **must** / **must not** go to the dentist.
  - You **must** / **must not** eat any more pancakes!
  - You **must** / **must not** have a bowl of Grandma's chicken soup.

4 Act.

Hello. What's the matter?

I have a sore leg.

You must stay at home. You must not walk.



### LESSON 3 Reading

#### 1 Look at the words. Listen and repeat. TR: 117

calm worry grades

#### 2 Listen and read. TR: 118

It isn't always easy to learn at school. When do you learn well? First thing in the morning? After you play on the playground? When you are hungry or after lunch? When you are tired? When you are sitting for a long time?

Children at Bronxville Elementary School in the US do yoga. They say it's fantastic. It helps them to be **calm** and not to **worry** or get angry. And when they are calm, they get good **grades** on tests. They say it's good to do yoga because they can study and learn better.

Next time you want to learn well at school or study well at home, try yoga! It's quick and easy to do. You can do it on the playground or in your classroom, sitting at your desk! You can do it in fifteen minutes...or just two! Go on! Give it a try!

#### 3 Read again. Write T (true) or F (false).

1. The children at Bronxville Elementary School do yoga.
2. They don't like doing yoga.
3. Yoga can help you when you are angry.
4. Yoga isn't good before a test.
5. You must do yoga outside on the playground.
6. You can do some yoga if you only have two minutes.

#### 4 Do you like doing yoga? Do you want to do it at school?

#### 1 Listen and read. TR: 119

*It's good to do yoga.*

*It isn't always easy to learn at school.*

#### 2 Match.

1. It's silly to **A**
2. It's fun to
3. It's important to
4. It isn't healthy to
5. It's healthy to
6. It's friendly to

- A. be worried about tests—just do your best!
- B. be calm before tests.
- C. do yoga with your friends at school.
- D. say hello to everyone in class in the morning.
- E. drink a lot of lemonade and sugary drinks.
- F. eat a lot of fruit and vegetables.

#### 3 Put the words in order.

1. a good breakfast / before school / eat / important / it's / to
2. fun / isn't / it / study / to / when / you are tired
3. go to bed / it's / late / silly / to / on a school night
4. drink / healthy / it's / a lot of water / on hot days / to

#### 4 Complete with your ideas.

1. At school it's important to ...
2. It's fun to ...
3. It isn't good to ...
4. It's wrong to ...
5. It's silly to ...
6. It's easy to ...

#### 5 Make a poster about being healthy.



LESSON  
**5** Song

**1** Listen and read. TR: 120

Come on everyone! Get up from your chairs.  
It's time to move around now! Let's go downstairs!  
Let's go to the playground and count to three.  
Just shake your body and shout with me!

Put your arms in the air. Now bounce up and down  
With your right foot forward, then change your feet around.  
Step left, left, left, now right, right, right.  
It's easy to dance all day and all night.

Now walk with me and move your shoulders around.  
Put your hands on your stomach and step up and down.  
Our friends are all dancing. One...two...three...  
Now everyone is doing this dance with me.

**2** Listen and sing. TR: 121 and 122

**3** Sing and dance. TR: 123

**VALUE** Stay in shape.  
Workbook, Lesson 6

Traditional dancing, Indonesia

LESSON  
**6** Phonics

**1** Listen. Say the sounds. TR: 124

n - ow	now
d - ow - n	down
b - ou - n - ce	bounce
pl - ay - gr - ou - nd	playground

**2** Write *ou* or *ow*. Listen and chant. TR: 125

Let's b\_\_\_\_\_nce up and d\_\_\_\_\_n,  
And let's all sh\_\_\_\_\_t ab\_\_\_\_\_t it,  
H\_\_\_\_\_ we jump ar\_\_\_\_\_nd,  
Ar\_\_\_\_\_nd the t\_\_\_\_\_n, n\_\_\_\_\_.

**3** Write *ou* or *ow*. Say the words. Listen and repeat. TR: 126



1. br\_\_\_\_\_n



4. c\_\_\_\_\_



2. h\_\_\_\_\_se



5. m\_\_\_\_\_ntain



3. sh\_\_\_\_\_er



6. playgr\_\_\_\_\_nd



## 7 Video

1 Watch the video. Check (✓) the sports you hear. ▶ Video 10

- badminton
- baseball
- basketball
- cross-country running
- soccer
- judo
- jumping rope
- swimming
- table tennis
- tennis



2 Watch the video again. What sports do the children do at school?

Write. ▶ Video 10

1. Aliyah plays \_\_\_\_\_, \_\_\_\_\_, and does \_\_\_\_\_ at school.
2. Kaitlyn plays \_\_\_\_\_ and \_\_\_\_\_ at school.
3. Marlen plays \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ at school.

### Writing

We use ordering words to talk about the order that things happen in.

**First**, Aliyah talks about sports they play at school. **Next**, she says she goes to judo and swimming club. **Finally**, she says that they have gym class at school twice a week.

3 Write a summary.

1 Look at the pictures. Play in pairs. Find ten differences.



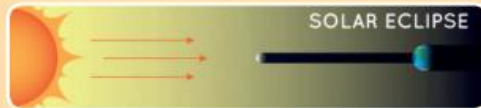
In picture A, it's raining.

In picture B, it's sunny.



## Solar Eclipses

Is it a bird? Is it a plane? No, these people are looking at the sky to watch a solar eclipse. A solar eclipse is when the moon goes between the Earth and the sun. The moon stops the sun's light from getting to the Earth, so it is darker than usual in the daytime. It's a very unusual event, and it changes animals' behavior. Birds stop singing, for example.



You can only see eclipses in one small part of the Earth and only for a few minutes, so you must be in the right place at the right time. Also, they don't happen very often in each place. Your town only has an eclipse about every four hundred years! There is usually a solar eclipse somewhere in the world each year. Some people love watching eclipses, so they travel all around the world to see them.

It isn't safe to look at an eclipse. The sun's rays can hurt your eyes, so you must never look at the sun! Wear special eclipse glasses (these are much darker than normal sunglasses) or make a "pinhole viewer." Make a small hole in a piece of paper and hold it over another piece of paper. You can see the shape of the eclipse on the paper.

### Glossary

**light** When it is sunny there is a lot of light.

**unusual** not normal



**1** Look at the photo. Answer the questions.

1. What are the people looking at?
2. Why are they wearing glasses?

**2** Listen and read. Why is it difficult to see eclipses?



TR: 127

**3** Read again. Write T (true) or F (false).

1. During solar eclipses, the Earth is between the sun and the moon.
2. A solar eclipse makes the day longer than usual.
3. Solar eclipses don't happen very often.
4. Birds sing different songs when there is an eclipse.
5. You can't see a solar eclipse everywhere in the world at the same time.

**4** Imagine there is going to be a solar eclipse where you live. Answer the questions.

1. How do you get ready for it?
2. Where do you want to be when you watch it?
3. Who do you want to watch it with?
4. Are you happy about seeing it? Why? Why not?



## Review 4: Units 7-8

### 1 Listen and circle. TR: 128



1. Who is Rita's uncle?  
A B C
2. Who is Rita's dad?  
A B C



3. Who is Naomi?  
A B C
4. Who is Nadine?  
A B C



5. Who is Ben's best friend?  
A B C
6. Who is Oliver?  
A B C

### 2 Put the letters in the correct order.

1. I have a (hoatcothe) \_\_\_\_\_.
2. I have a sore (dolerush) \_\_\_\_\_.
3. I have a (dolc) \_\_\_\_\_.
4. That's a bad (gucho) \_\_\_\_\_.
5. Are you (iskc) \_\_\_\_\_?
6. Is your (kenc) \_\_\_\_\_ sore?

### 3 Complete.

1. Pilar's hair is \_\_\_\_\_ (long) than my hair.
2. Cathy's \_\_\_\_\_ (thin) than Mike.
3. Lili has the \_\_\_\_\_ (dark) hair in the class.
4. Mike has a \_\_\_\_\_ (big) pencil case than Mae.
5. I'm not the \_\_\_\_\_ (tall). Olga's \_\_\_\_\_ (tall) than me.
6. Our room is \_\_\_\_\_ (clean) than class 3A's. It's \_\_\_\_\_ (small), too.

### 4 Complete the text with *must*, *must not*, *to*, or *it*.

#### Class Rules

When the teacher comes in, we (1) \_\_\_\_\_ sit down. We (2) \_\_\_\_\_ never talk when the teacher is talking. We (3) \_\_\_\_\_ always listen when another student is talking to the class. Our food (4) \_\_\_\_\_ be unhealthy. (5) \_\_\_\_\_ is bad to bring candy. It's important (6) \_\_\_\_\_ behave well. We (7) \_\_\_\_\_ say bad things to other children. During English lessons, it isn't good (8) \_\_\_\_\_ speak our language.