

Feeling Good! ^{UNIT} 10



Boys in Jakarta, Indonesia

Look at the photo. Answer the questions.

1. What are the boys doing?
2. Why do you think they are doing it?
3. What adjectives can you use to describe the boys?
4. Would you like to do this? Why? / Why not?

LESSON
1 Words

1 Listen and repeat. TR: 91



asleep



dark



dry



rest



strong



awake



light



wet



get exercise



weak

2 Answer the questions.

1. How often do you get exercise?
2. When do you feel strong? When do you feel weak?
3. Do you prefer wet weather or dry weather? Why?

VALUE Sleep well.
Workbook, Lesson 6

3 Listen to the people talking about sleep. Circle the correct answer. TR: 92

1. Sleep helps our body *move / get stronger / get tired*.
2. Our brain is *slow / busy / asleep* at night.
3. Young babies sometimes sleep for *12 / 18 / 20* hours.
4. Your room should be *quiet / light / hot* at night.
5. To sleep better, get exercise *in the morning / in the afternoon / at night*.

Grammar **2** LESSON

1 Listen and read. TR: 93

Should / Shouldn't

You **should** get some exercise.

Your bedroom **should** be cool.

You **shouldn't** eat a lot before you go to sleep.

You **shouldn't** listen to loud music.

2 Complete the advice about sleeping with **should** or **shouldn't**.

1. Your bedroom _____ be very light.
2. You _____ drink soda at night.
3. You _____ go to bed at the same time every night.
4. You _____ run and play during the day.
5. You _____ play video games before you go to sleep.

3 Complete the advice about getting ready. Use **should** or **shouldn't** and these verbs.

drink eat forget go use

What's your morning routine? You ¹_____ an alarm clock and get up at least 45 minutes before you leave for school. That gives you time to get dressed and eat breakfast. You ²_____ to school without eating, and you ³_____ something healthy like fruit, bread, or cereal. You ⁴_____ soda because it has too much sugar. And, of course, you ⁵_____ to wash your face and comb your hair!


4 Think of advice for people who can't sleep. Then act.

I can't sleep. What should I do?

You should count backwards from 100 to 1.



Girl sleeping in Sumpango, Guatemala

- 1 Look at the photo. What is the bird doing and why?
- 2 Listen and read.  TR: 94

Clean Birds

We take a shower every day and wash with **soap** and **shampoo**. We use a **towel** to get dry and we **brush our teeth** with a **toothbrush** and some **toothpaste**. Animals have their own ways of staying clean.

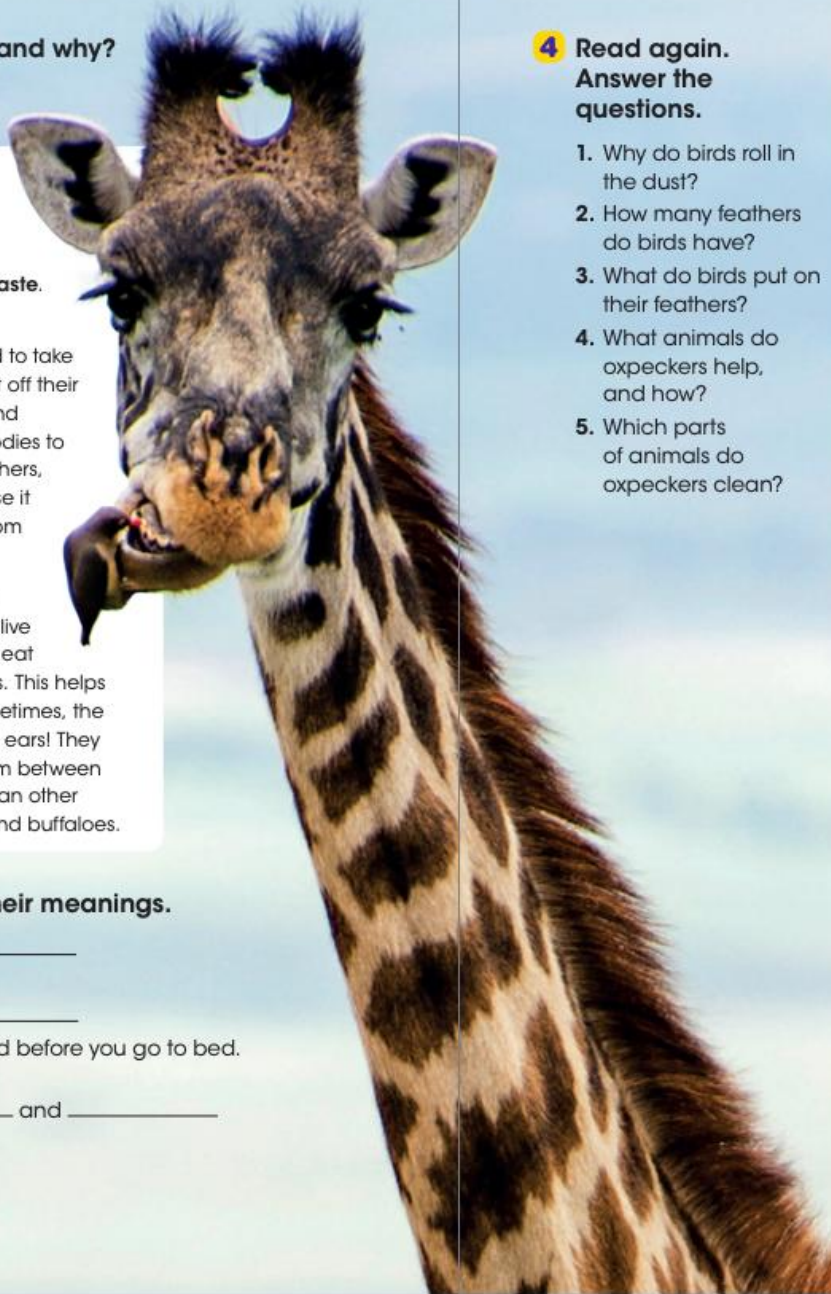
Some birds take "dust baths." They roll on the ground to take off the dirt and insects, and then they shake the dust off their bodies. Most birds also use their beaks to get dust and insects out of their feathers. They use oil from their bodies to clean the feathers, too. Birds have about 25,000 feathers, so it's not an easy job! But why do they do it? Because it keeps their feathers strong, and the oil stops them from getting wet.



Oxpeckers are birds that like to clean other animals. They live in Tanzania, Africa, and they eat insects from the fur of giraffes. This helps to keep giraffes healthy. Sometimes, the oxpeckers clean the giraffes' ears! They take small pieces of food from between their teeth, too. They also clean other animals like zebras, rhinos, and buffaloes.

3 Match the words in bold in the text with their meanings.

1. You use it to wash your hands and face. _____
2. You use it to wash your hair. _____
3. You use this to dry your hands and face. _____
4. You should do it twice a day: after breakfast and before you go to bed. _____
5. You use these to clean your teeth. _____ and _____



4 Read again. Answer the questions.

1. Why do birds roll in the dust?
2. How many feathers do birds have?
3. What do birds put on their feathers?
4. What animals do oxpeckers help, and how?
5. Which parts of animals do oxpeckers clean?

1 Listen and read. TR: 95

Why...? Because...

Why do birds clean their feathers?

Because it keeps them clean and strong.

2 Match the questions and answers.

1. Why does a dolphin sleep with one eye open?
 2. Why does a lizard stick out its tongue?
 3. Why does a kangaroo lick its arms?
 4. Why does an elephant have big ears?
 5. Why does a cow sometimes lie down in a field?
- A. Because it helps it to keep warm.
B. Because only half of its brain is asleep.
C. Because it helps it to stay cool.
D. Because it uses it to smell.
E. Because they help it to hear and to stay cool.

3 Put the questions in order.

1. do / wash your hands / why / a meal / you / before
2. to wash / your hair / use shampoo / why / you / do
3. you / every day / do / change your socks / why
4. use toothpaste / do / to clean / you / your teeth / why
5. need / do / why / you / water / to drink

4 Ask and answer the questions from Activity 3 with a partner.

Why do you wash your hands before a meal?

Because my hands are dirty. We shouldn't eat with dirty hands.

LESSON
5 Song

1 Listen and read. Can you answer the questions? TR: 96

2 Listen and sing. TR: 97 and 98

3 Sing and act. TR: 99

My Little Brother's Questions

Chorus

Why? Why? Why? Why?

He always asks questions

as he walks around the house.

I always try to answer

what life's all about.

Because, because, because, because!

Why do flowers smell nice?

Why are leaves flat?

Why do carrots help you see?

Can you answer that?

Because flowers want the flies and bees.

Because leaves need a lot of sun.

Because Vitamin A is good for your eyes.

You should learn these things—it's fun!

Chorus

Why is it dark at night?

Why is the sun so hot?

Why is the ocean salty?

Do you know or not?

Because the Earth goes around the sun.

Because the sun's a burning star.

Because salt comes from the rocks.

You should learn all this for a start.

Chorus

LESSON
6 Writing Giving Advice

1 Read the text. Answer the questions.

1. Who do you think is asking for help?
2. Who do you think is giving advice?

Problem

*I take a long time to do my homework.
I think of other things all the time! Do you
have any advice to help me work more
quickly?*

Advice

Well, here are some tips to help you!

First, you can't work well when you're tired, so you shouldn't work late at night. You should keep your desk neat, too. Then you can find your pens and books easily. You shouldn't do other things at the same time. You shouldn't listen to music or watch TV, and you shouldn't send text messages. It's a good idea to put your phone in another room. You should take a break to have healthy snacks, but you shouldn't eat your meals when you are doing your homework.

Good luck!



2 Read. Then look at the text again and answer the questions.

When we write a text to **give advice**, we usually include many different ideas and reasons why.

1. How many different ideas are there in the second message?
2. What reasons does the writer give?
3. Think of two more tips to help someone do their homework more quickly.

3 Writing Skill Words that sound the same

a. Circle the correct answer.

1. You should brush *you're / your* teeth two or three times a day.
2. You should put on a sweater when *you're / your* cold.
3. Children shouldn't do *they're / their* homework at night.
4. They want to rest because *they're / their* tired.

b. Think of other words that sound the same but have different spellings.

4 Work in pairs. Choose a question and reply with your advice.

"I'm not sure how to eat healthily. Do you have any ideas?"

"What should I do to stay in shape?"

"How can I make friends more easily?"

LESSON
7 Video

1 How often do you have a cold? Watch the video to find out what people do when they have a cold in different countries. Video 12

2 Watch the video again. Match the countries and the ingredients used to treat a cold.

Video 12

1. India
2. Morocco
3. Japan



A.



3 Read and write T (true) or F (false).

1. Shiven's grandma can make "pepper milk."
2. Shiven puts sugar in his "pepper milk."
3. Japanese green tea is called "umeboshi."
4. Yurara likes "umeboshi."
5. Hasu soup has garlic in it.
6. Safia likes hasu soup more than "harira."

4 Work in pairs. Discuss the questions.

1. What do people you know usually do to treat a cold?
2. Is there traditional medicine in your country for a cold? If so, describe it.
3. What do you do when you have a cold or you don't feel well?

Function 3: Requesting and offering help

Can you carry this bag for me? Sure. No problem.
Should I open the door for you? Yes, please. Thank you.

1 Read and complete the conversation with your ideas.

Noah: Hi, Kim. Are you feeling better?

Kim: Hi, Noah. Yes, I'm feeling a little better.

Noah: That's good.

Kim: It's pretty hot in here. Can you ¹_____ for me?

Noah: Sure. ²_____.

Kim: Thanks.

Noah: Are you hungry? Can I ³_____?

Kim: Oh, yes, please. Thank you.

Noah: Should I ⁴_____?

Kim: Yes, please.

2 Listen, check, and repeat. TR: 100

3 Complete the requests and offers of help. Use these verbs.

bring bring buy carry close help

1. My coat is upstairs. Can you bring it, please?
2. We don't have any milk. Should I _____
3. The shopping bag is very heavy. Can you _____
4. Are you thirsty? Should I _____
5. I don't understand this math question. Can you _____
6. It's cold in here. Should I _____

4 Work with a friend. Act out a short conversation using the requests and offers from Activity 3.



Taking Photos of Lions

You're going to see a video about different ways to take photos of lions. Lions are dangerous animals, so it isn't easy to get close to them, especially if they are protecting their cubs. These lions are in the Serengeti National Park in Tanzania, in east Africa. Here, the photographers are using a robot on wheels. There's a camera inside the robot and the photographers control it from far away in a safe place. What do you think the lions will do when they see the robot?

1 Read about photographing lions. Answer the questions.

1. Where do these lions live?
2. How do the photographers take close-up photos of the lions?

2 Watch the video. Read and match. Video 13

Technology used

1. a robot with wheels
2. a drone
3. a truck with lights

Where/When

close to the lions
from above
at night

Results/Photos

photos of lions walking near water
photos of lions playing together
photos of lions relaxing and sleeping



3 PROJECT Work in groups. Choose a wild animal.

Imagine you are taking photos of this animal with a robot camera. What can you see?



4 What did you learn about your animal from the camera? Explain to the class.

The panda sleeps on its back.
It eats a lot of bamboo.

Review 5: Units 9–10

1 Match the opposites.

- | | |
|-----------------|----------|
| 1. asleep | A. dry |
| 2. dark | B. rest |
| 3. wet | C. light |
| 4. strong | D. weak |
| 5. get exercise | E. awake |

2 Complete the text with the words from the box.

e-books headphones headset
microphone online texts

Most people use their smartphones for more than sending ¹ _____ and making phone calls. You can go ² _____, take photos, and use ³ _____ to listen to music. You can record things with the ⁴ _____, too, and use a phone to make a VR ⁵ _____. You can read ⁶ _____ on a phone, too.



3 Write sentences about the future. Use *will/won't* and your ideas.

1. On Saturday, I _____.
2. Next month, I _____.
3. In the future, robots _____.
4. In 100 years, people _____.
5. When I am 50, I _____.

4 Read and circle *should* or *shouldn't*.

1. Before school, you *should* / *shouldn't* eat breakfast.
2. At school, you *should* / *shouldn't* talk when the teacher is talking.
3. When you play a sport, you *should* / *shouldn't* always try your best.
4. In the morning, you *should* / *shouldn't* brush your teeth.
5. You *should* / *shouldn't* wash your hands before you eat.
6. You *should* / *shouldn't* eat a lot of food before you play a sport.