



MY GOALS



UNIT 1

- Read the interview *Healthy Foods, Healthy Bodies*
- Paraphrase



UNIT 2

- Read the story *Our Class Party*
- Use the 5 Ws



WRITE

- Write an explanatory text

A

Look at the picture.

1. What is for sale in the market?
2. Which of these fruits have you tried?



Unusual Fruits

This is a fresh fruit market in Thailand. Many unusual fruit like rambutans, star fruit, and dragon fruit grow in Thailand. The rambutan is oval with soft red hairs. The star fruit is green and looks like a star when you cut it. The pink dragon fruit with black spots is called that because old stories say they came from fire-breathing dragons!

B Read the text.

1. Where is this market?
2. What unusual fruits does it sell?
3. What do old stories say about the dragon fruit?



Think, Pair, Share

What fruits do you like to eat? Why?

Read

READING GOAL: Paraphrase

Paraphrasing is putting something into your own words. You can paraphrase something you read or something someone says. When you read, paraphrase to help you understand a text and remember key information.


Get Ready

- A** Read the paragraph below. Choose the correct paraphrase.

Bobby uses apples, bananas, and grapes to make smoothies. He peels the fruit and drops it in the blender. *Swoosh!* In seconds he has a delicious smoothie!

- a. Bobby makes smoothies with apples, bananas, and grapes.
- b. Smoothies can be made with different fruits.

- B** Find the **key words** in the interview. Look up the words you don't know in your dictionary.

- C** Read and listen to the interview *Healthy Foods, Healthy Bodies*.  2

Healthy Foods, Healthy Bodies

Student: I am happy to introduce Ms. Potter. She is a nutritionist in our community. Nutritionists teach us about healthy foods.

5 **Ms. Potter:** Hello, students. To stay healthy, you need to eat healthy foods. Healthy foods give us energy and keep our bodies strong.

10 **Student:** Ms. Potter, can you please tell us about some healthy foods we should eat?

15 **Ms. Potter:** Of course! First, you should eat fruits and vegetables with every meal. Rice and **beans** are healthy, too.

Student: What about **a bag of potato chips**?

Ms. Potter: Potatoes are vegetables, but potato chips are not a healthy food.

Student: What about pizza?

20 **Ms. Potter:** Once in a while, **a piece of pizza** with a salad is OK. It sure is delicious, but it's not very healthy.

25 **Student:** I drink **a glass of milk** with meals and snacks, but my mom likes to have **a cup of coffee**. Is that okay?



Ms. Potter: It's better to drink a glass of milk or a bottle of water with meals and snacks.

Student: You said snacks. I like to eat a box of chocolates for a snack. Is that healthy?

30 **Ms. Potter:** Chocolate is delicious but not healthy for your body. You should try a piece of cheese instead. That will give you energy and keep you strong!

What is this interview about? Tell about it in your own words.



WHAT CAN YOU DO? Color the stars.

I can read the interview and paraphrase it.



I can understand all the key words.



KEY

- ★ I need help.
- ★★ I can do this a little.
- ★★★ I can do this well.

Understand



Remember!
When you **paraphrase** something, you put it into your own words.

A Think about paraphrasing. Answer the questions and discuss with the class.

1. What is the interview about?
2. What foods does the nutritionist say are healthy?
3. What does the nutritionist say is not healthy?
4. Why is it important to paraphrase when you read?

B Choose the correct answer.

1. What does a nutritionist teach us about?
 a. sleep
 b. weather
 c. healthy foods
 d. outdoor sports
2. How do healthy foods help us?
 a. They keep us healthy.
 b. They give us energy.
 c. They keep our bodies strong.
 d. all of the above
3. What should you eat with every meal?
 a. a bag of potato chips and soda
 b. fruits and vegetables
 c. salad and a piece of pizza
 d. a glass of milk and a box of chocolates
4. What is a healthy drink with a meal?
 a. a bottle of water
 b. soda
 c. a cup of coffee
 d. none of the above

C Ask and answer the questions with a partner.

1. Why is it important to eat healthy foods?
2. What did you eat today? Do you think it was healthy?
3. What foods do you think taste good but are not very healthy?



D Complete the sentences.

beans a bag of potato chips a bottle of water ~~a piece of pizza~~
a glass of milk a piece of cheese a cup of coffee a box of chocolates

On Saturdays, my dad lets us eat whatever we want for lunch. I want

(1) a piece of pizza with sausage and mushrooms. My brother, Pete, prefers soup with black (2) _____ and (3) _____ on toast. My sister, Carrie, wants a chicken sandwich with (4) _____ to eat and (5) _____ with chocolate to drink. Sometimes I have juice, but today I want (6) _____ to drink. Dad has a chicken sandwich and (7) _____ with milk and sugar. For dessert, Dad lets us have a few pieces of candy from (8) _____.

E Read and complete the sentences with one, two, or three words.

The Gomez family went to a pizzeria for dinner. Dad asked for a bowl of pasta with meat sauce.

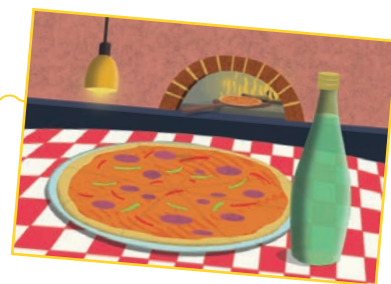
“Sorry, we don’t have any meat sauce today. But there is pasta with chicken and vegetables on the menu,” said the server.

“Hmm! You usually have meat sauce.” Dad replied. “Now I don’t know what I will order.”

“Let’s order a big pizza for everyone,” said Mom.

“Yummy!” exclaimed Ana. “I want a piece of pizza. Mario and Dad love pizza, too!”

Mom ordered a big pizza and a bottle of water. It was delicious!



1. This story is about the Gomez family’s dinner at a pizzeria.
2. The restaurant does not have _____
3. There is pasta with _____ on the menu.
4. Mom ordered _____ for everyone.

WHAT CAN YOU DO? Color the stars.

I can paraphrase to help me understand a text and remember key information. ★★☆☆

KEY

- ★ I need help.
- ★★ I can do this a little.
- ★★★ I can do this well.



Reading Check

Remember!
Paraphrase while you read and identify the **5 Ws** in the text.



A Read and listen to the e-mails. 4

E-mail Pen Pals

TO: Ava
FROM: Monica

My family just finished eating dinner. Mom made meatballs with noodles. Meatballs are my favorite food! For dessert I had a cupcake and a glass of milk. Mom and Dad each had a cupcake and a cup of coffee. What do you usually have for dinner?



TO: Monica
FROM: Ava

We usually have curry for dinner. My mom makes the best curry in the world! I love curry. It's hot and spicy. Spicy food makes me thirsty. I need to drink a bottle of water when I eat curry. Have you ever eaten curry?

B Read the text again. Then choose the correct answer.

- Monica tells her mom about Ava's e-mail message in her own words. What is she doing?
 - a. paraphrasing
 - b. identifying the 5 Ws
- Ava writes to Monica about who cooks dinner and what she makes. What is she doing?
 - a. paraphrasing
 - b. identifying the 5 Ws

C Answer the questions and discuss your answers with the class.

1. What could Ava tell her mom about Monica?
2. Who makes the best curry in the world? Why is it so good?

D Choose the correct answer.

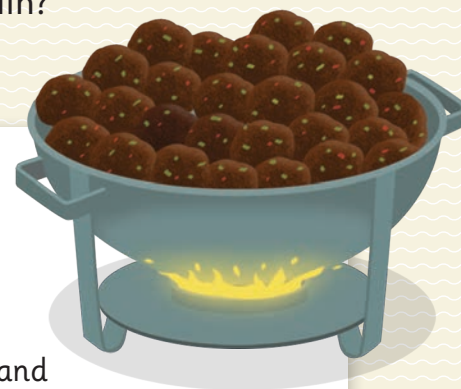
1. Are Monica and Ava sisters?
 a. No, they are cousins.
 b. No, they are e-mail pen pals.
 c. No, they are classmates.
 d. No, they are neighbors.
2. What is Monica's favorite food?
 a. cheese
 b. noodles
 c. curry
 d. meatballs
3. What food does Ava love?
 a. meatballs
 b. noodles
 c. curry
 d. sushi
4. What does Ava drink when she eats curry?
 a. a bottle of water
 b. a glass of milk
 c. a cup of coffee
 d. none of the above

E Discuss with a partner.

1. Why do you think Monica and Ava send each other e-mails?
2. What desserts do you like?
3. What other foods would Ava need to drink a bottle of water with?

F Choose the correct word.

Monica and Ava are pen pals. They send each other (1. **letters** / **e-mails**) to share information about their lives. They tell each other about their favorite (2. **shoes** / **foods**). Ava tells Monica that her family usually eats (3. **meatballs** / **curry**) for dinner. Spicy food makes Ava (4. **thirsty** / **hungry**). Ava drinks (5. **a glass of milk** / **a bottle of water**) with her spicy dinner and Monica drinks (6. **a glass of milk** / **a bottle of water**) with her dessert.



WHAT CAN YOU DO? Color the stars.

I can paraphrase. ★★☆☆

I can identify the 5 Ws in a text. ★★☆☆

KEY

- ★ I need help.
★★ I can do this a little.
★★★ I can do this well.

Get Ready to Write

WRITING GOAL: Write an Explanatory Text

An explanatory text uses information to explain something. It increases readers' knowledge and helps them understand a topic better.

- A** Read the explanatory text.
Underline the transitions.



Writing Tip

Use transitions like *also*, *in fact*, and *as well* to introduce more information.

Topic of explanatory text

Coffee Beans: From Field to Cup

The coffee your parents drink every day took a long trip to get to your house. In fact, the trip began in a field, maybe in another country, such as Brazil or Colombia.

The coffee bean is a seed. Farmers plant the seeds and coffee trees grow. These trees have fruit.

After the fruit is picked, it is dried in the sun. The dry coffee beans are packed in bags and sent around the world.

When the coffee beans arrive in your country, they are roasted in ovens. Local stores sell them to people who like a hot cup of coffee, maybe with some cupcakes, as well. You may prefer a glass of milk and a box of chocolates. Do you know where these come from?



Information that explains and increases knowledge about the topic

- B** Discuss the questions with a partner.

1. Where do coffee beans come from?
2. What happens after farmers plant coffee beans?
3. How do the coffee beans get to your country?
4. Where do people buy coffee to make a cup of coffee at home?

Write

C Think about a food you would like to know more about. Find information about the food. Complete the chart.

Where is it made? _____ _____	How is it made? _____ _____
Food: _____	
Who eats it? _____ _____	How do you eat it? _____ _____

D Write about the food you want to know about. Use your information from **C**. Use new information, too. Remember to use transitions.

1. What food do you want to learn more about?

2. Where is it made?

3. How is it made?

4. Who eats it?

5. How do you eat it?



Now write an explanatory text about that food.



WHAT CAN YOU DO? Color the stars.

I can write an explanatory text about a food. ★★☆☆

I can use *also*, *in fact*, and *as well* to introduce more information. ★★☆☆

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