

TRACK BY

1

Read. Listen and sing.

Food, Glorious Food

*In the morning, in the afternoon,
eating food is great.
Breakfast, lunch, or dinner—
I can hardly wait.
What do you have on your plate?*

For breakfast I'll have
some toast and jam,
some milk and cereal,
some bread and ham.

At lunch time, I'm going to have
some soup,
a healthful salad,
and then some fruit.

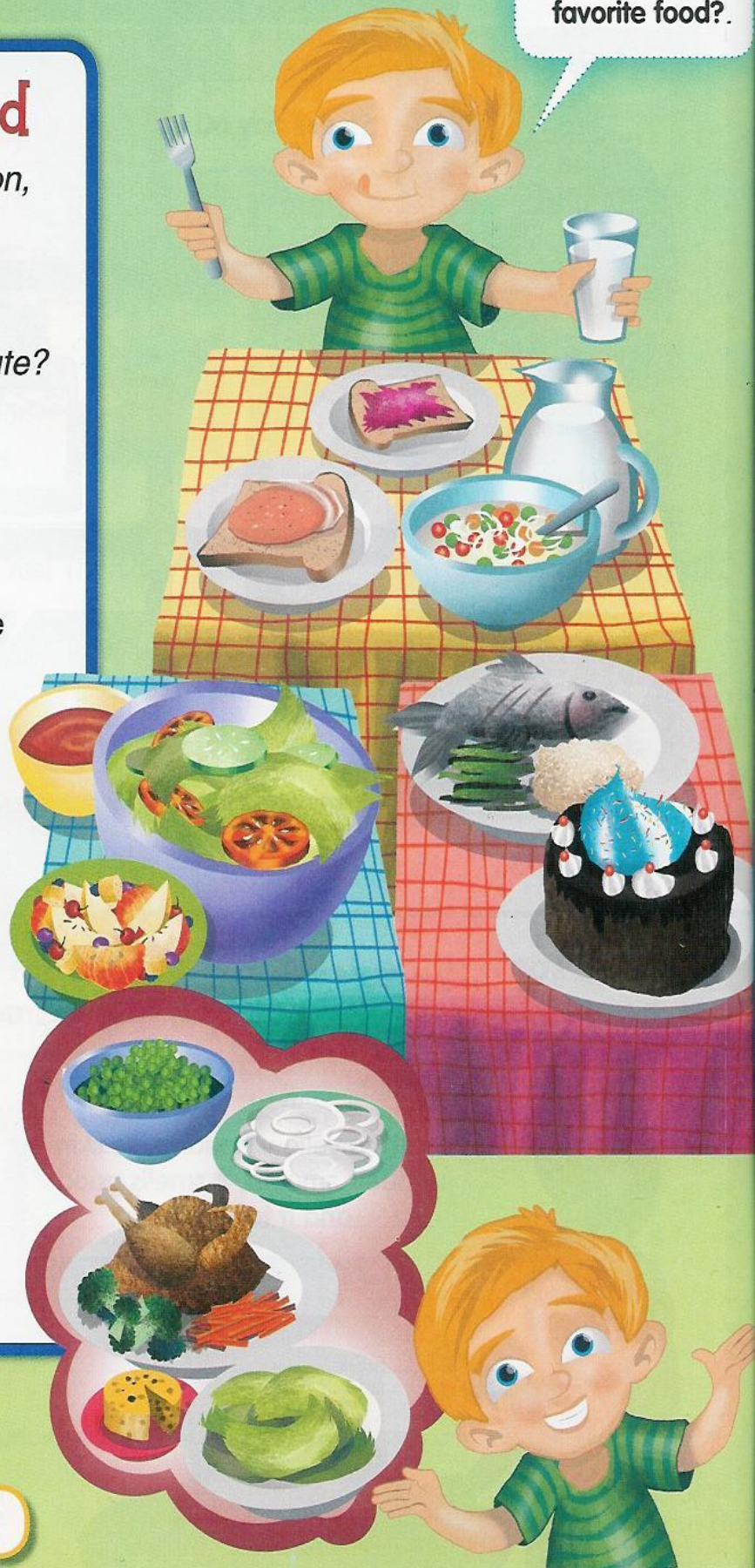
(Chorus)

For dinner, I'll have
some fish and rice.
And for dessert,
perhaps cake would be nice.

Or maybe I'll have
onions and peas,
chicken and vegetables,
lettuce and cheese.

(Chorus)

What's your
favorite food?.



2 Listen. Point and say.



1. There is a loaf of bread on the table.
2. There are two pieces of cheese.
3. There is a jar of pickles.
4. There is a bunch of grapes.
5. There are three cans of soda.
6. There is a bottle of oil.
7. There are four slices of tomato.
8. There is a bowl of olives.

3 Stick and say.



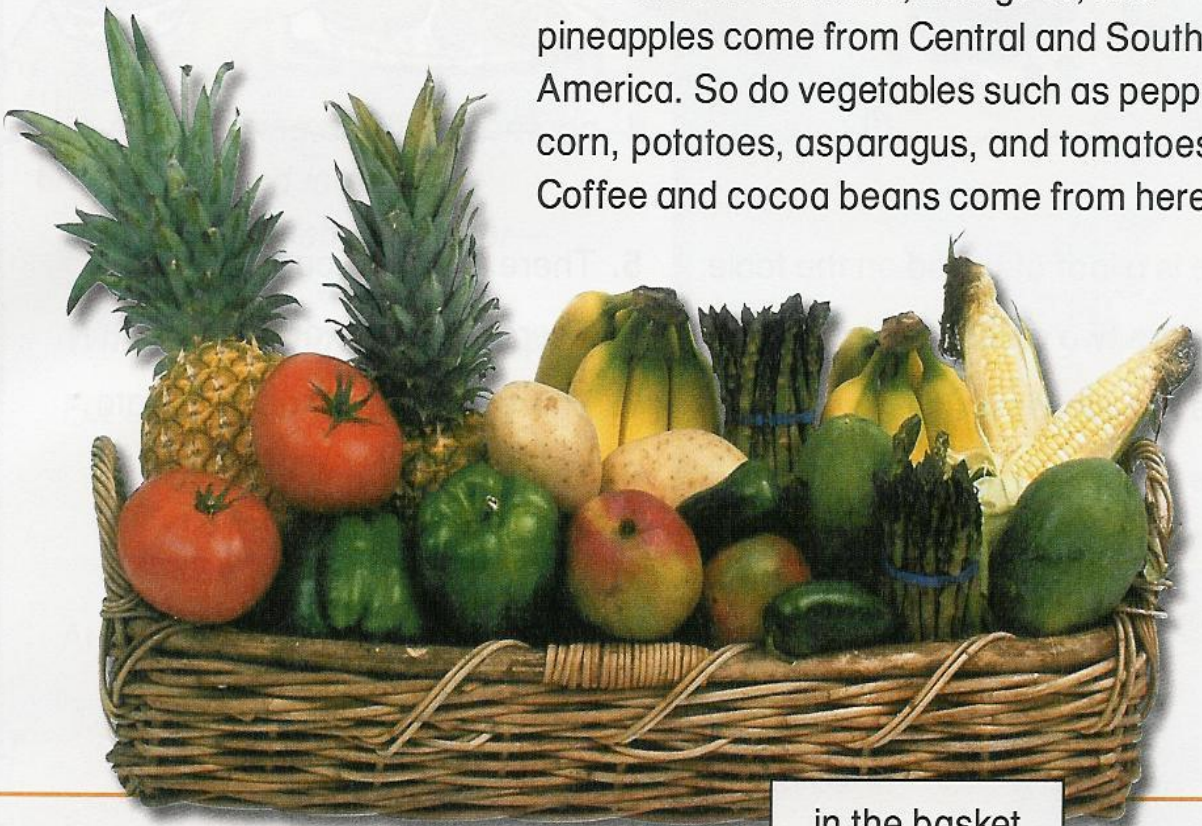


Listen. Look and read.

The food we enjoy comes from all over the world.

Central and South America

Delicious bananas, mangoes, and pineapples come from Central and South America. So do vegetables such as peppers, corn, potatoes, asparagus, and tomatoes. Coffee and cocoa beans come from here, too.



in the basket

Asia

We get rice, tea, spinach, black pepper, pears, peaches, peas, onions, eggplants, and carrots from Asia.



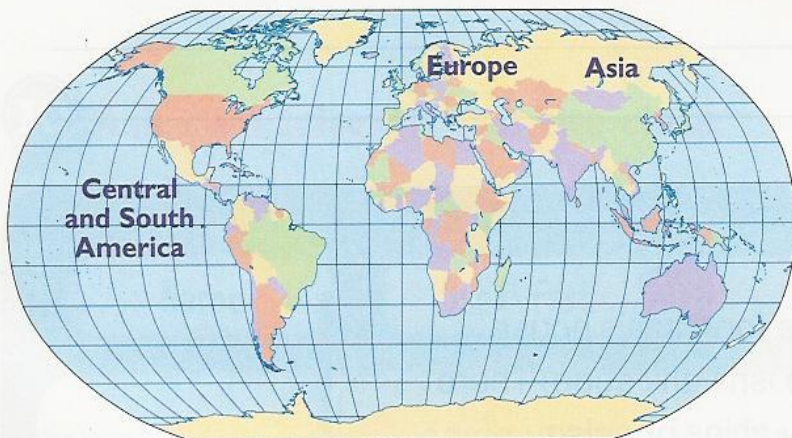
on the white table

Europe

Foods such as broccoli, celery, cherries, garlic, and olives come from this part of the world. Many countries in this part of the world raise animals and sell a lot of beef, lamb, pork, chicken, and fish.



on the brown table



When you look at your dinner tonight, think about all the different places your food comes from!

TRACK B5

5

Point. Ask and answer.

What's on the brown table?

There is a plate of fish.



TRACK B6

6

Ask and answer.

Are there any cherries on the white table?

No. There aren't any.



Question formation; information and yes/no questions; quantities

Grammar

Are there any bananas in the basket?

Yes, there are two bunches of bananas.

Are there any pears in the basket?

No, there aren't any.

7 Look and write.



1. Are there any carrots? Yes, there are two bunches of carrots.
2. Are there any potatoes? _____
3. Are there any onions? _____
4. Are there any bananas? _____
5. Are there any cans of soda? _____
6. Are there any olives? _____

8 Read and write.

My friend Billy doesn't like the food in his house. There isn't any ice cream. There isn't any soda. There isn't any candy. There aren't any chips or salsa. Billy's mother doesn't want him to eat junk food. In Billy's kitchen, there are some carrots, some celery, some crackers, and some cheese. But no sweets!

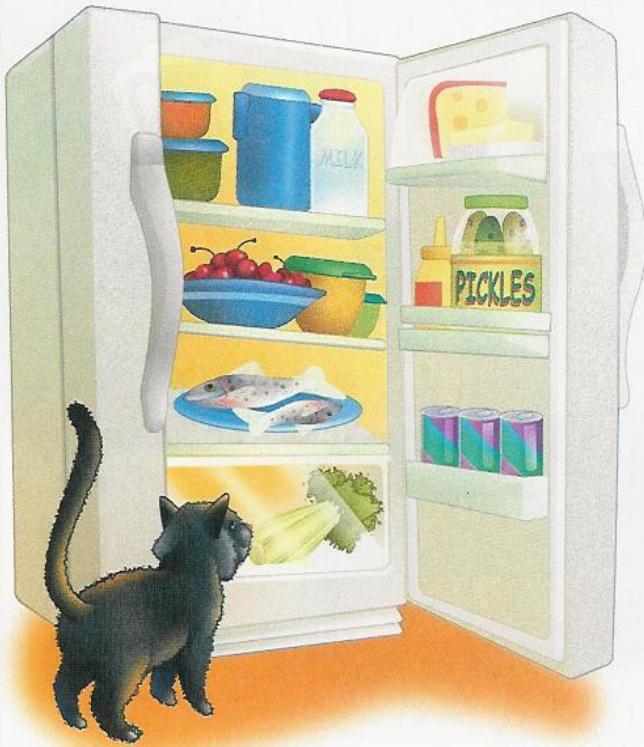
1. Does Billy like the food in his house?

2. List four foods that aren't in Billy's house.

3. List four foods that are in Billy's house.



9 What's in the refrigerator? Look and write.



1. There's a jar of pickles.
2. _____
3. _____
4. _____
5. _____
6. _____

What's your favorite breakfast?



10 Ask two friends. Tell the class.

Name	Breakfast	Lunch	Dinner
Charlie	apple juice toast and jam an egg	tomato soup cheese sandwich a banana	salad fish and rice ice cream
1.			
2.			

Listen. Write T for true and F for false.

1. _____

2. _____

3. _____

4. _____

5. _____



1



2



3



4



5

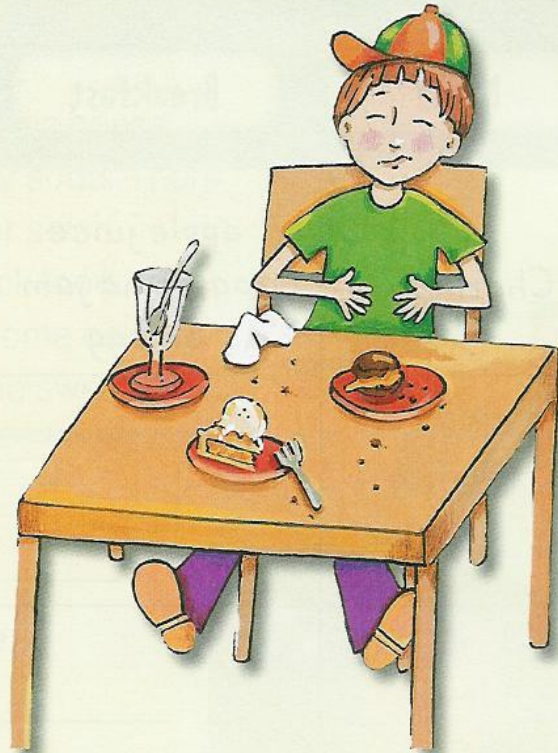
Listen. Read and chant.

Desserts

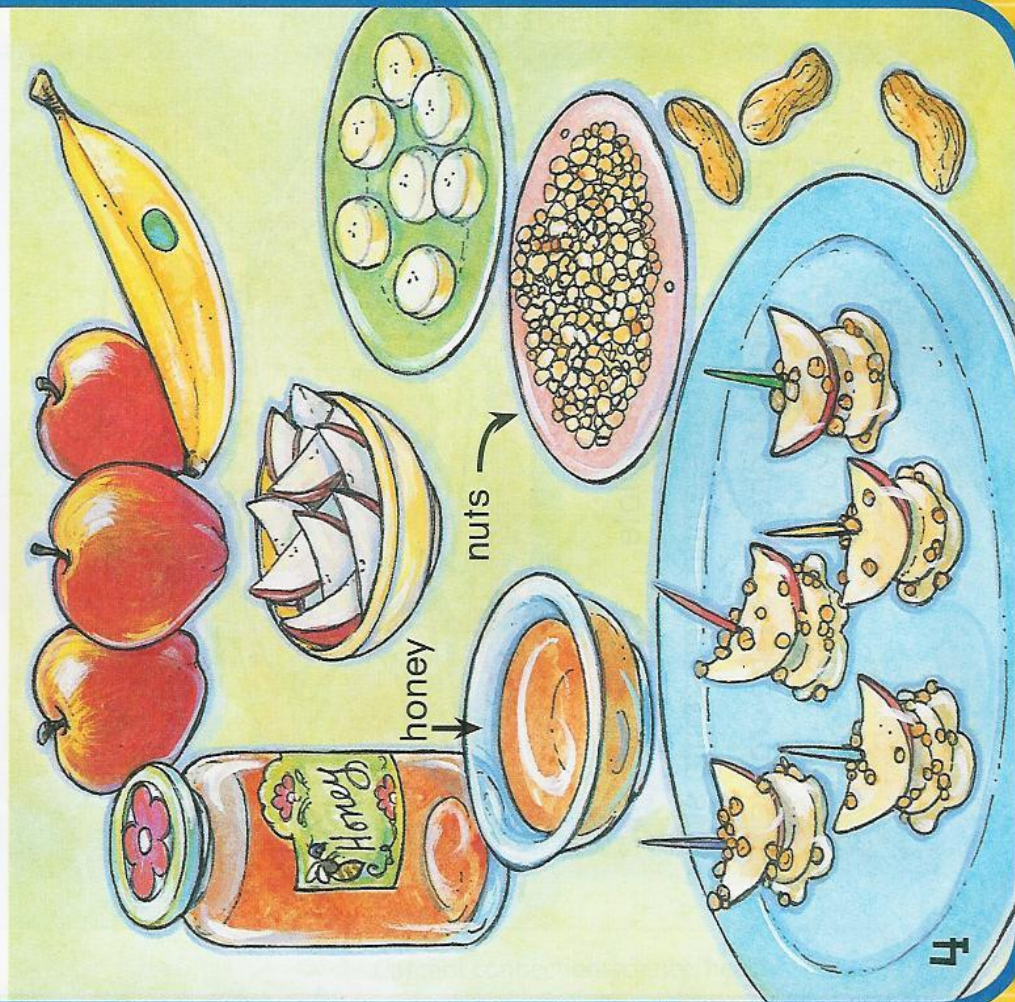
Pour some chocolate syrup
 on top of your ice cream.
 Put on a bright red cherry.
 This dessert's a dream!

Take two chocolate cookies.
 Put peanut butter on one.
 Put the other cookie on top.
 Cookie sandwiches are fun!

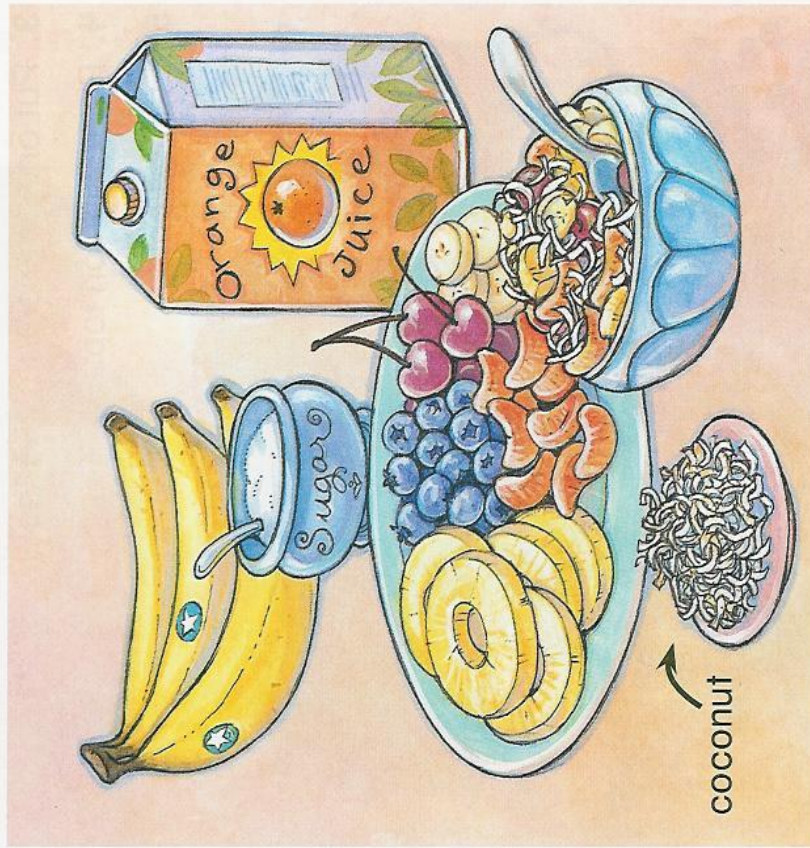
Ice cream, pie, and cookies.
 I love a good dessert.
 But never eat them all at once,
 or your tummy will really hurt!



1. Put pieces of banana and apple on a plate.
2. Dip each piece of fruit in honey.
3. Roll each piece in the crushed nuts.
4. Put in a toothpick.
5. Eat and enjoy!



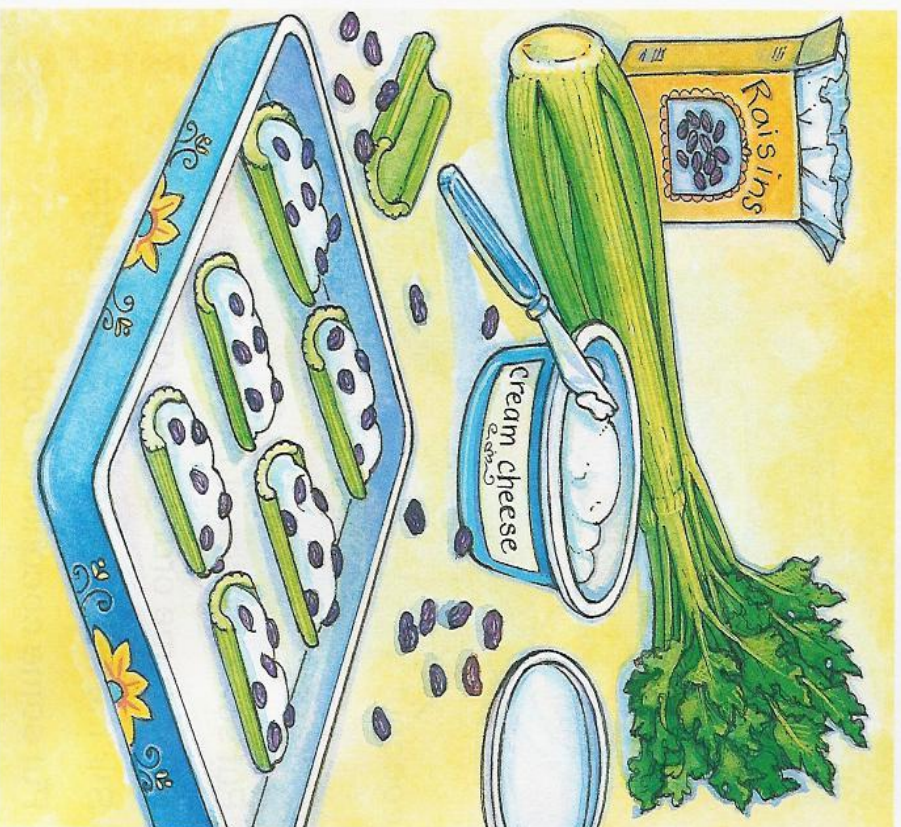
Delicious Snacks



1. Put some pieces of fruit in a bowl.
2. Put in some orange juice and sugar.
3. Stir the fruit, orange juice, and sugar.
4. Put some coconut on top.
5. Eat and enjoy!

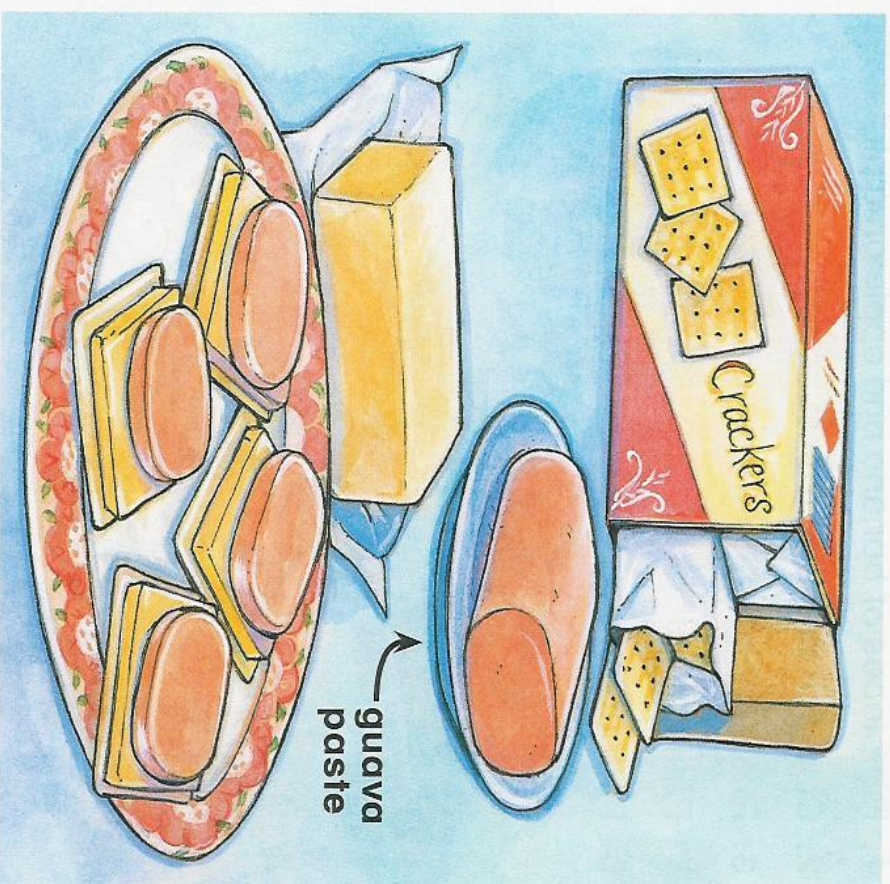


1. Wash celery stalks and take off the leaves.
2. Cut each celery stalk into three pieces.
3. Put on some cream cheese.
4. Put raisins on top.
5. Eat and enjoy!



2

1. Put crackers on a plate.
2. Cut the guava paste and cheese into slices.
3. Put the pieces of cheese on the crackers.
4. Put a slice of guava paste on top.
5. Eat and enjoy!



3

7

A World of Food

TRACK 21

1

Listen. Draw the food.

Food, Glorious Food

*In the morning, in the afternoon,
eating food is great.
Breakfast, lunch, or dinner—
I can hardly wait.
What do you have on your plate?*

For breakfast, I'll have
some toast and jam
some milk and cereal,
some bread and ham.

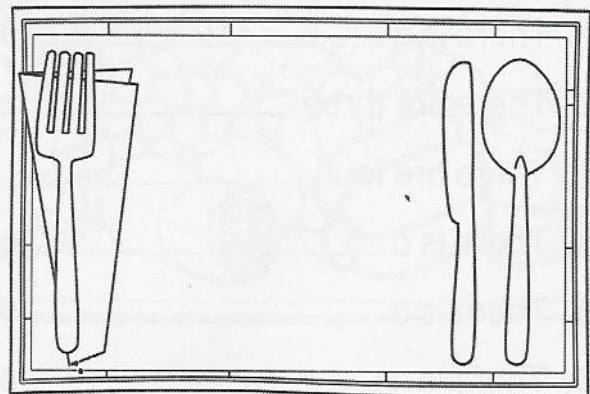
At lunch time, I'm going to have
some soup,
a healthful salad,
and then some fruit.

(Chorus)

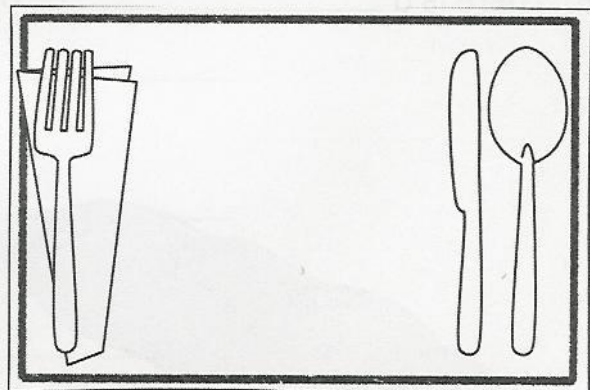
For dinner, I'll have
some fish and rice.
And for dessert,
perhaps cake would be nice.

Or maybe I'll have
onions and peas,
chicken and vegetables,
lettuce and cheese.

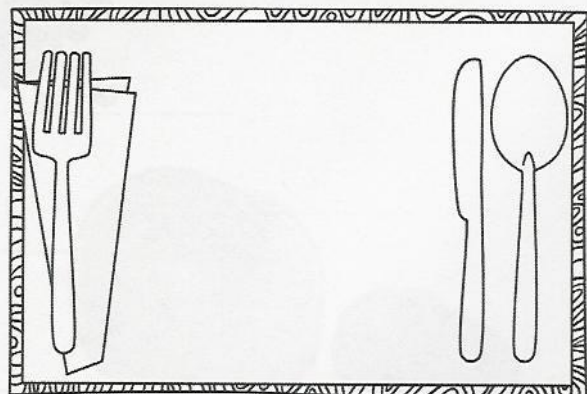
(Chorus)



breakfast



lunch

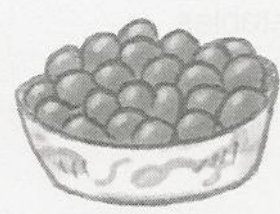
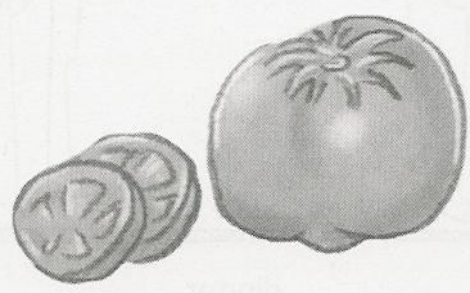
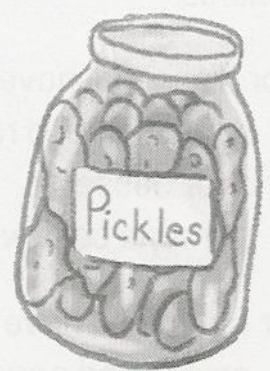
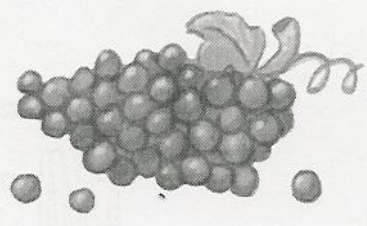
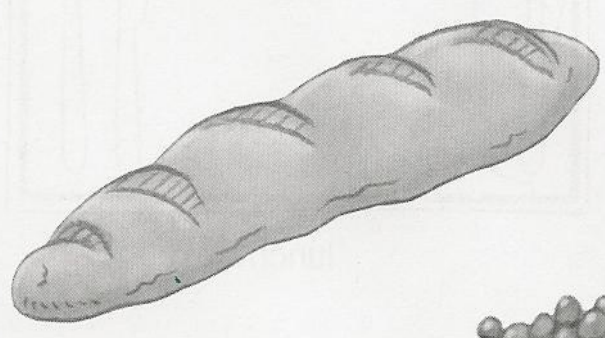
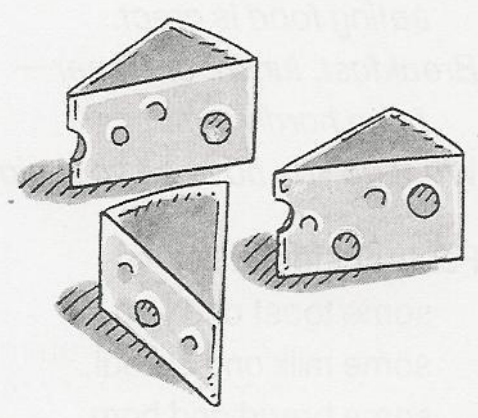


dinner

2 Write. Use words from the box.

bottle bowl bunch cans
jar loaf pieces slices

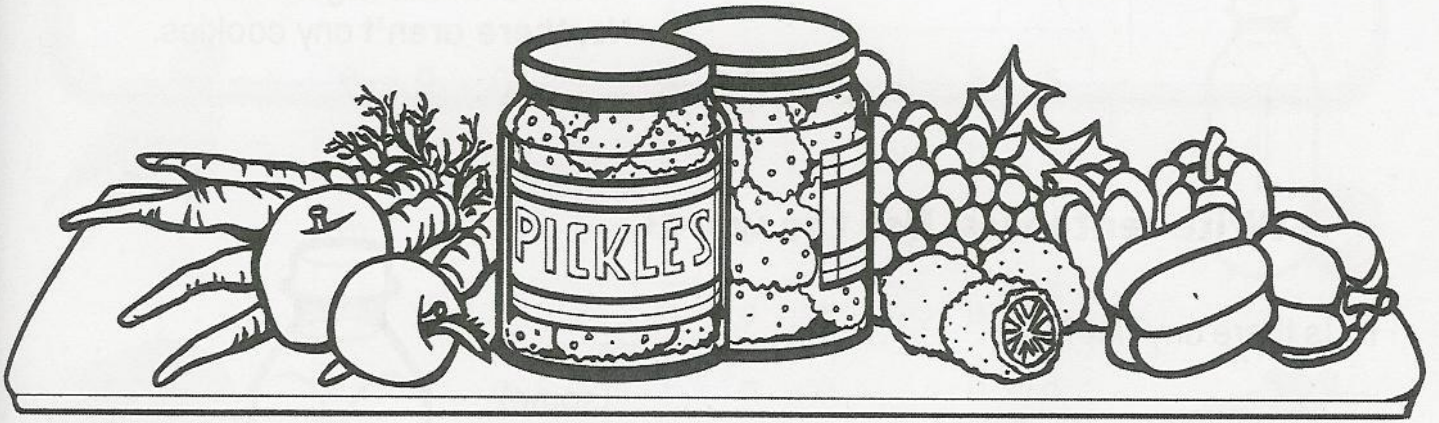
- 1. There is a _____ of oil.
- 2. There are three _____ of cheese.
- 3. There are four _____ of soda.
- 4. There is a _____ of pickles.
- 5. There is a _____ of olives.
- 6. There is a _____ of grapes.
- 7. There are two _____ of tomato.
- 8. There is a _____ of bread.



Grammar

Are there **any** pickles on the table?
Are there **any** grapes on the table?
Are there **any** bananas on the table?

Yes, there are two jars of pickles.
Yes, there is one bunch of grapes.
No, there aren't **any**.



3 Look and write.

1. Are there any lemons on the table?

2. Are there any carrots?

3. Are there any cherries?

4. Are there any oranges?

5. Are there any apples?

6. Are there any olives?

7. Are there any peppers?

8. Are there any tomatoes?

Grammar

Is there

Is there any milk?

Yes, **there's** some milk.

There's one bottle of milk.

No, **there isn't** any milk.

Are there

Are there any cookies?

Yes, **there are** some cookies.

There are two bags of cookies.

No, **there aren't** any cookies.

4 Write sentences. Use the words.

1. Is there any rice?

_____ (some)

_____ (box)

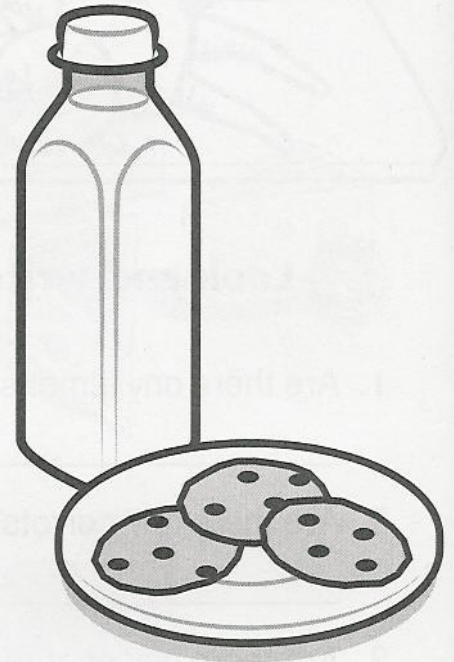
_____ (No)

2. Are there any pickles?

_____ (some)

_____ (jars)

_____ (No)



5 Write questions.

1. _____

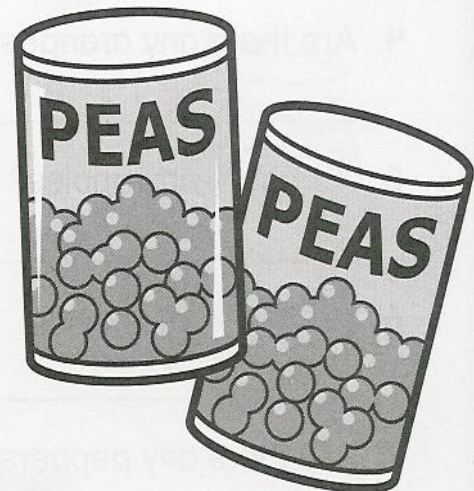
There are two cans of peas.

2. _____

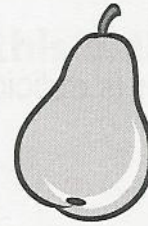
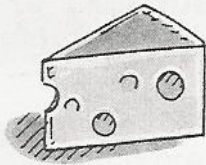
Yes, there's some fruit juice.

3. _____

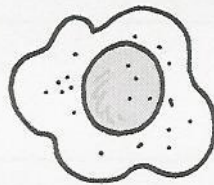
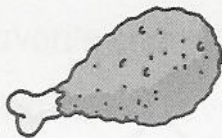
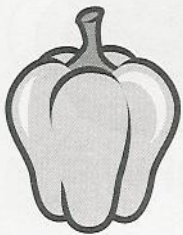
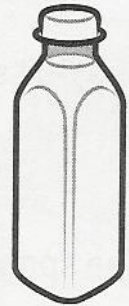
No, there aren't any mangoes.



6 Find the food words. Use the pictures as clues. Circle.



e	g	g	r	g	r	a	p	e	s
l	t	o	m	a	t	o	w	b	c
m	e	g	t	b	p	c	d	r	h
i	d	c	h	e	e	s	e	e	i
l	o	a	l	i	a	e	j	a	c
k	f	r	j	t	r	k	p	d	k
e	i	r	p	e	p	p	e	r	e
a	s	o	f	u	m	n	s	a	n
j	h	t	b	a	n	a	n	a	i
s	e	s	o	n	i	o	n	m	b



7 Write about you.

1. What do you eat for breakfast?

I eat _____.

2. What do you eat for lunch?

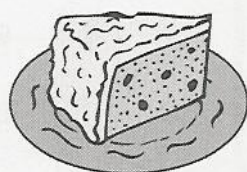
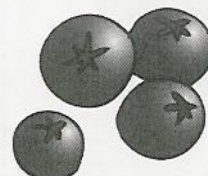
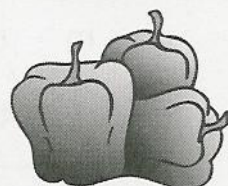
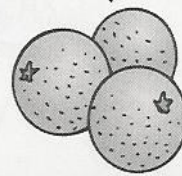
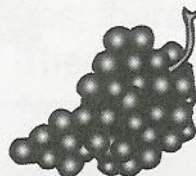
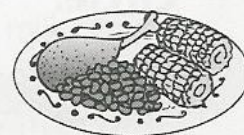
I eat _____.

3. What do you eat for dinner?

I eat _____.

Listen. Read and circle.

1. Which dinner is delicious?
2. The fruit salad doesn't have any.
3. The spaghetti sauce doesn't have any.
4. Which foods come from Asia?
5. What's for dessert?



Listen. Read and write. Color.

Desserts

Pour some chocolate syrup
on top of your ice cream.

Put on a bright red _____.
This dessert's a dream!

Take two chocolate _____.
Put peanut butter on one.
Put the other cookie on top.
Cookie sandwiches are fun!

Ice cream, pie, and cookies.

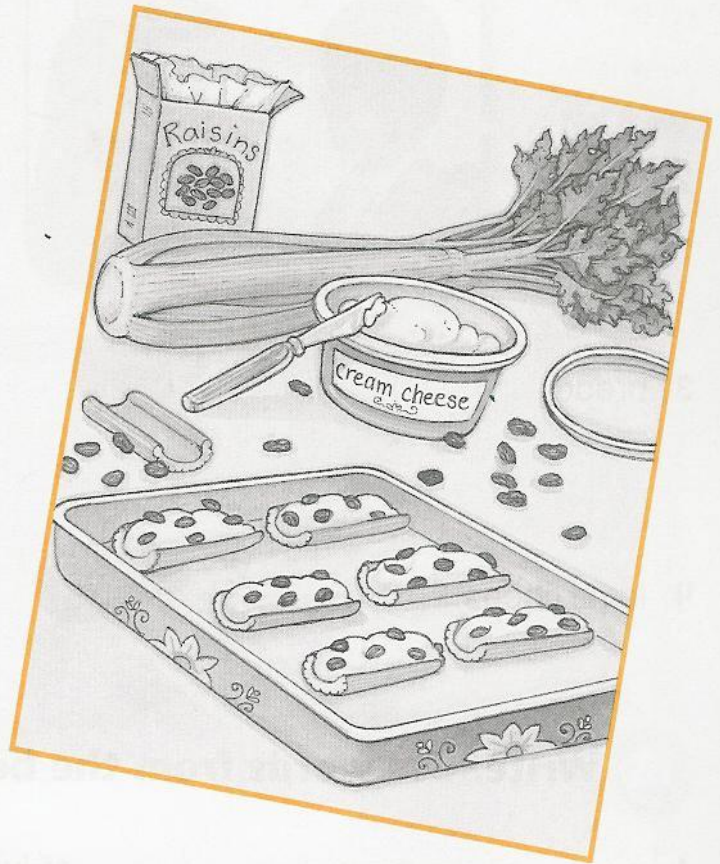
I love a good _____.
But never eat them all at once,
or your tummy will really hurt!



Delicious Snacks

10 Read *Delicious Snacks*. How do you make this delicious snack? Write numbers.

- Put on some cream cheese.
- Cut each stalk into three pieces.
- 1** Wash the celery stalks.
- Eat and enjoy.
- Take off the leaves.
- Put raisins on top.



11 Write. Draw.

What's your favorite snack?

My favorite snack is _____

What is in your favorite snack?

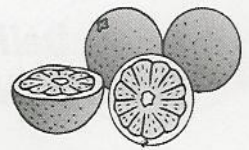
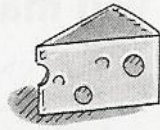
It has _____

A large, empty rectangular box with a decorative orange border, intended for drawing a picture of the favorite snack mentioned in the text above.

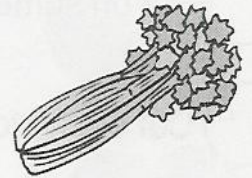
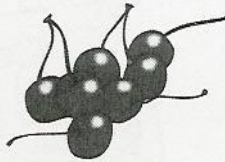
Review

12 Read and circle.

1. olives



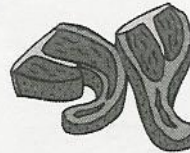
2. cherries



3. bread



4. lamb chops



13 Write. Use words from the box.

1. a _____ of juice

2. a _____ of cheese

3. a _____ of grapes

4. a _____ of soda

5. a _____ of apples

6. a _____ of pickles

7. a _____ of chicken

8. a _____ of rice

bottle

bowl

box

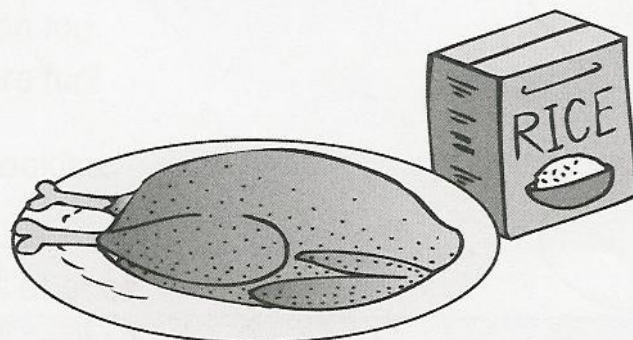
bunch

can

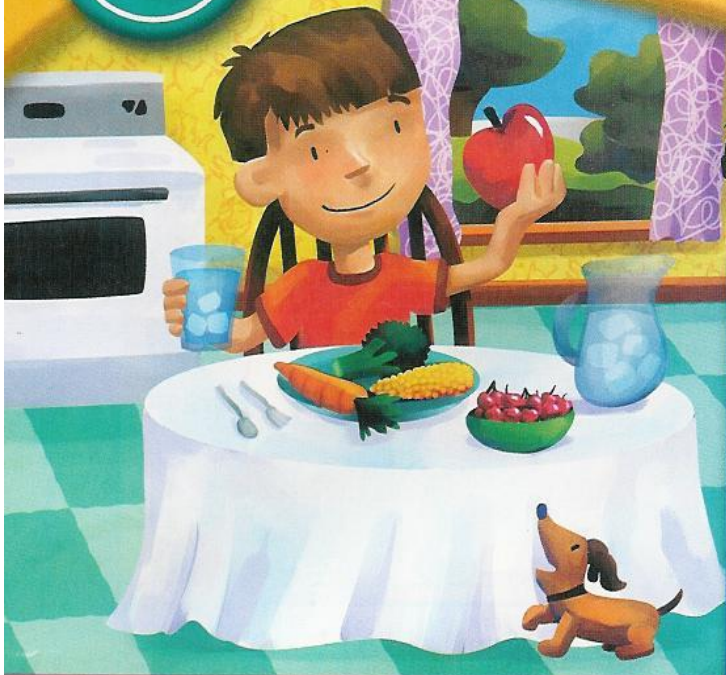
jar

piece

plate



8 In Shape!



TRACK B11

1

Read. Listen and sing.

Feeling Good

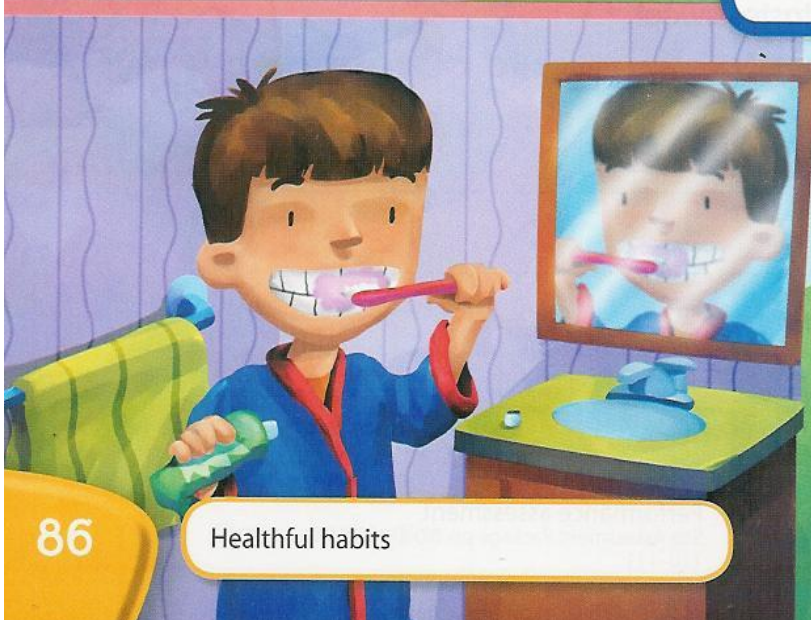
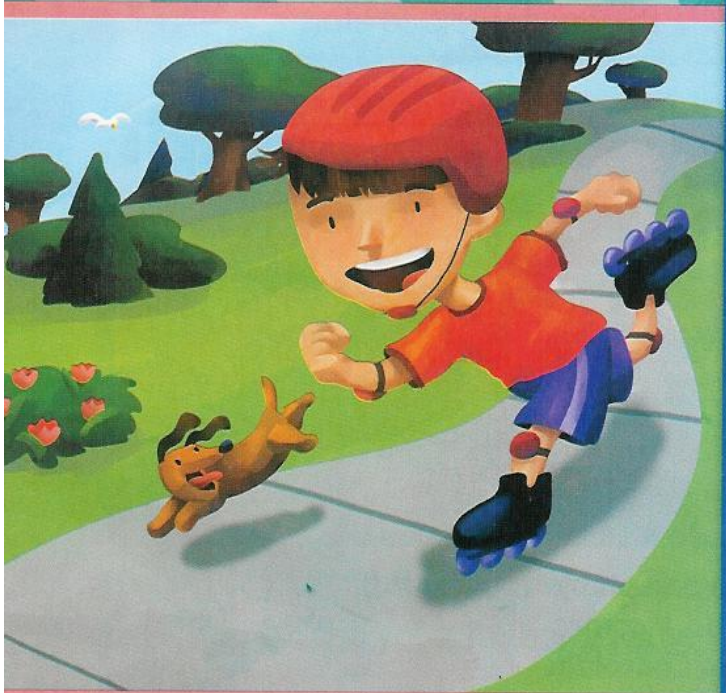
I eat lots of fruit and vegetables,
but not much pie or cake.
I drink lots of water and some juice
to keep me feeling great.

Outside, I get plenty of exercise.
I skate and ride my bike.
I play some soccer with my friends,
and sometimes, I take a hike.

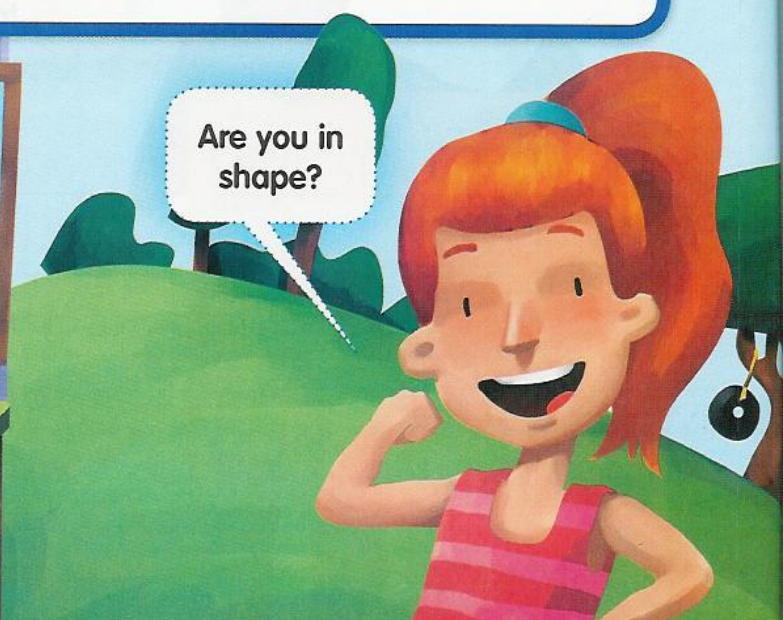
I make sure when I'm at home
to look and feel my best.
I take a shower, brush my teeth,
and then get lots of rest.

*'Cause I'm in shape and feeling good.
I know the rules for health.
Do like me, and you will learn
to take care of yourself!*

(Chorus)



Are you in shape?

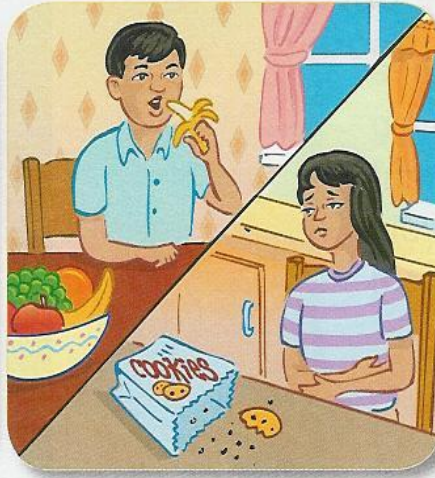


2 Listen. Point and say.

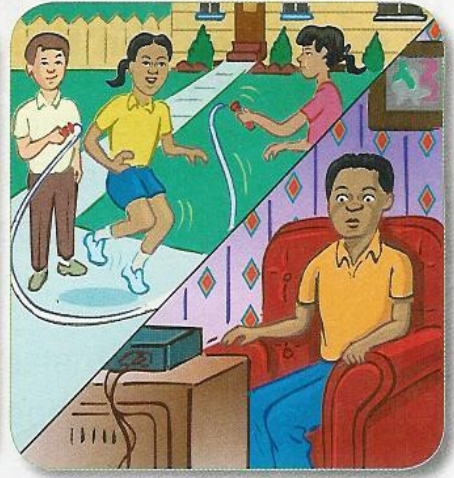
Get in shape!



Get enough sleep.
Don't stay up too late.

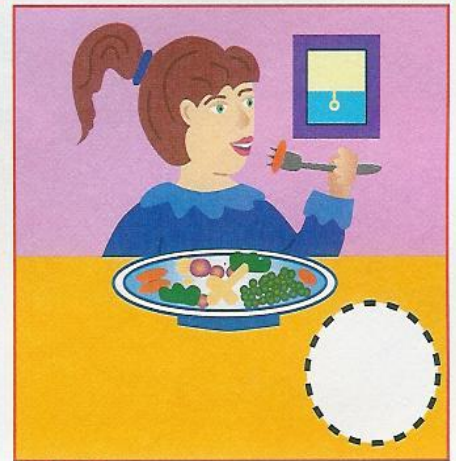
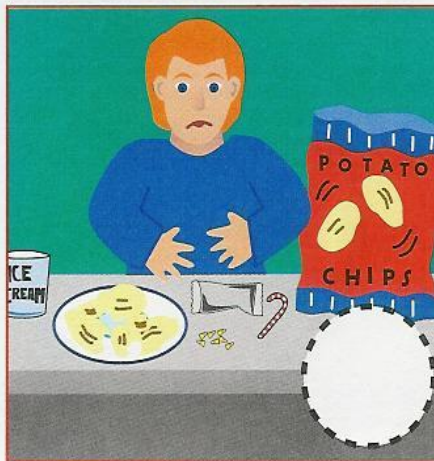
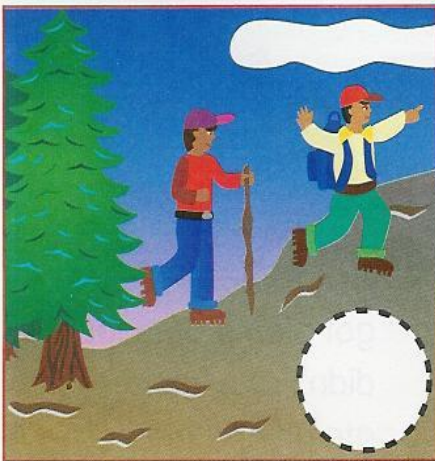


Eat enough good food.
Don't eat too much
junk food.



Get enough exercise.
Don't watch too much TV.

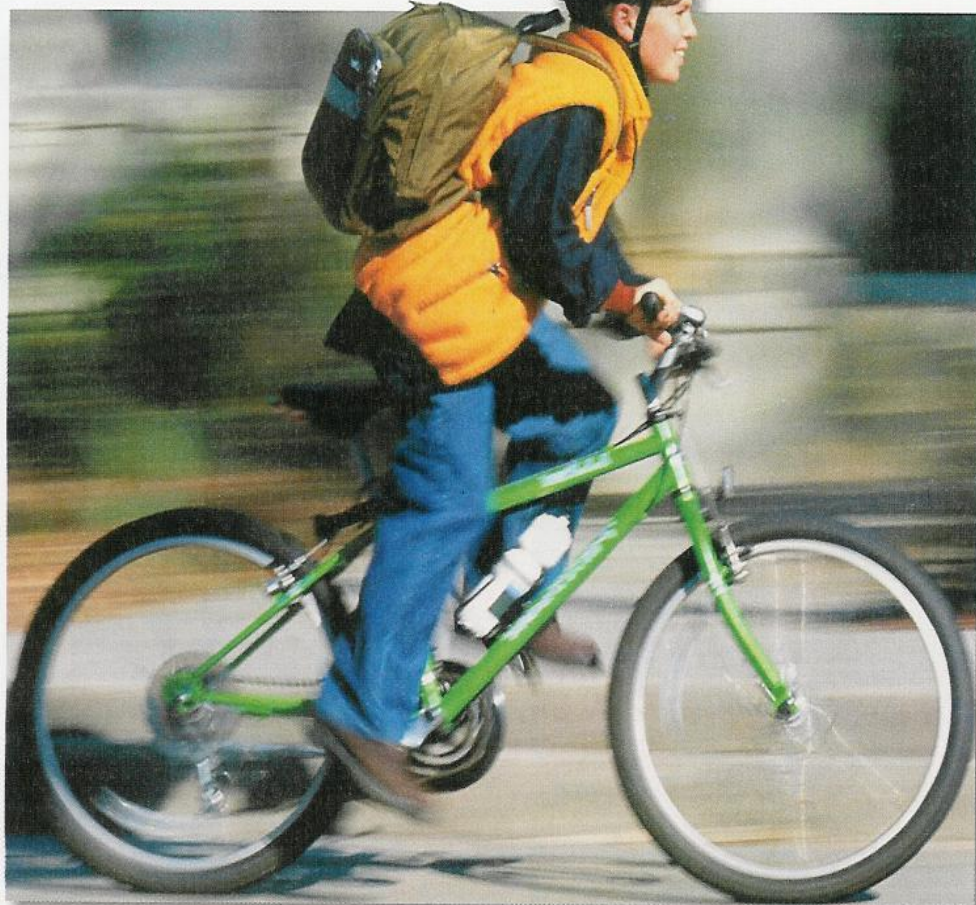
3 Stick and say.





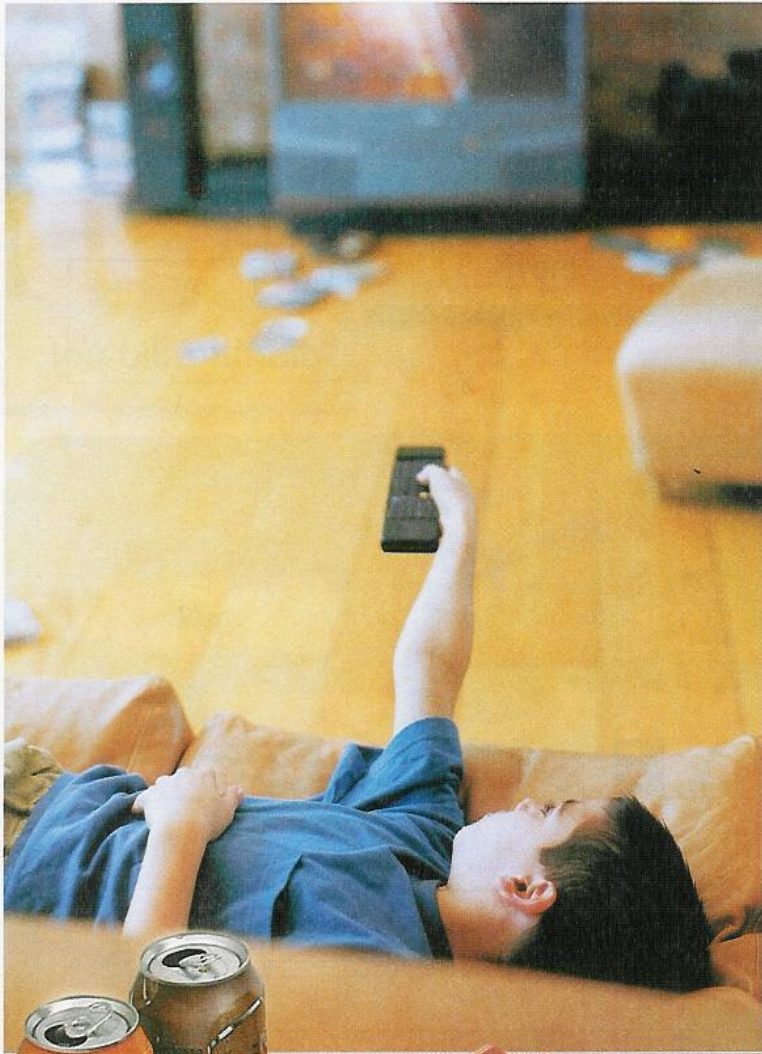
Listen. Look and read.

When you are in shape, you feel good. When you are out of shape, you don't feel good. How do you feel?



Today Taro feels good.

Yesterday Taro got plenty of sleep. He didn't stay up late. He ate plenty of fresh fruit and vegetables. He drank milk, juice, and water. Taro got plenty of exercise. It was a great day.



Today Teddy doesn't feel very good.

Yesterday Teddy didn't get enough sleep. Teddy didn't get enough exercise. He was in front of the TV all day. He didn't play soccer or go for a walk in the park.

Yesterday he ate too much junk food. He ate lots of candy, cookies, and potato chips. He drank a lot of soda. He didn't eat any fruit or vegetables.



5 Point. Ask and answer.

Did Taro get enough sleep yesterday?

Yes, he did.



6 Point. Ask and answer.

What did Taro eat?

He ate good food. He ate fresh fruit and vegetables.



Grammar

Did	you	get enough sleep yesterday? Yes,	I	did.	No,	I	didn't.
	he						
	she						
	they						

didn't = did not

7 Look and write.

Yesterday



1. Did she get enough sleep? _____
2. Did he drink enough water? _____
3. Did they get enough exercise? _____
4. Did he eat enough vegetables? _____

8 Read and write.

Yesterday Gina got plenty of sleep. She drank lots of water and juice. She ate plenty of fresh fruit and vegetables. She got lots of exercise on her bike. Her friend Tina didn't get enough sleep. She drank lots of soda. She ate too many chips and cookies. She didn't get any exercise.

1. Who's in shape? Why?

2. Who isn't in shape? Why?







**9 Ask three friends.
Tell the class.**

Did you get enough sleep yesterday?

No, I didn't.
I'm tired.



✓ = Yes, I did.
✗ = No, I didn't.

Name				
Mark	✗	✗	✓	✗
1.				
2.				
3.				

**10 How do you get enough exercise? Check the boxes.
Talk with a partner.**



Yes/no questions and short answers in simple past; simple present

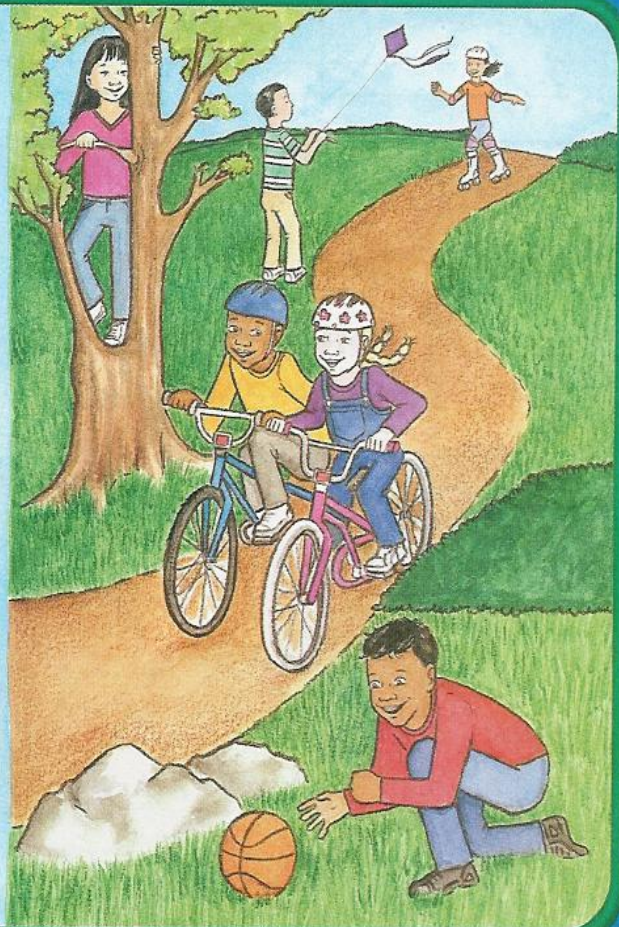
Listen. Write the number.



Listen. Read and chant.

Outside

I get together with my friends
to swim or fly our kites.
Sometimes we play basketball
or have races on our bikes.
We take some fruit and water
for a picnic in the park.
We climb and run and have great fun
until it's almost dark.
I just don't understand the kids
who stay inside all day.
Who cares about TV when you
can go outside to play?

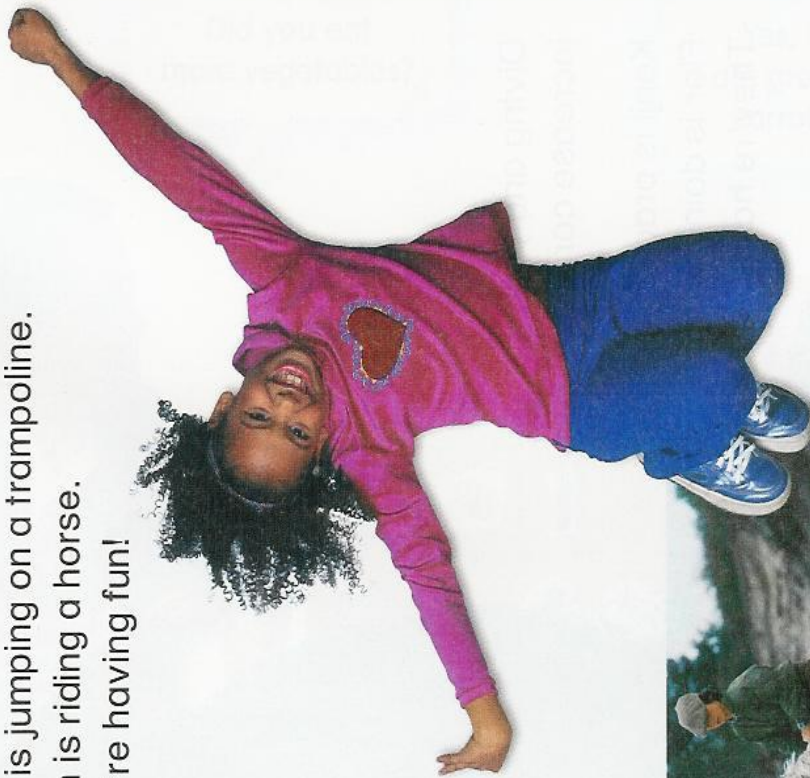


Jumping and riding help with balance.

Anita is jumping on a trampoline.

Justin is riding a horse.

They're having fun!



Exercise Is Fun!

How do children get enough exercise?

Climbing and dancing build strong muscles.

Boris is climbing a rock wall.
Asma is practicing ballet.
They're having fun!





Gymnastics and karate
increase strength.

Barbara is doing gymnastics.
David is practicing karate.
They're having fun!



2

Diving and yoga
increase control.

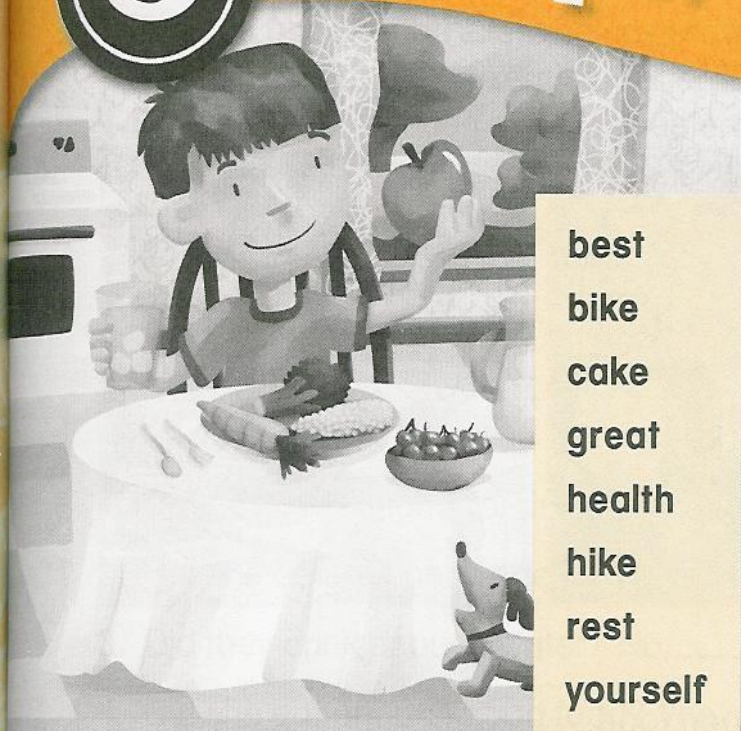
Kenji is practicing diving.
Flor is doing yoga.
They're having fun!



3



8 In Shape!



- best
- bike
- cake
- great
- health
- hike
- rest
- yourself



1 Write words from the box. Then listen to check.

Feeling Good

I eat lots of fruit and vegetables,
but not much pie or _____.

I drink lots of water and some juice
to keep me feeling _____.

Outside, I get plenty of exercise,
I skate and ride my _____.

I play some soccer with my friends,
and sometimes, I take a
_____.

I make sure when I'm at home
to look and feel my _____.

I take a shower, brush my teeth,
and then get lots of _____.

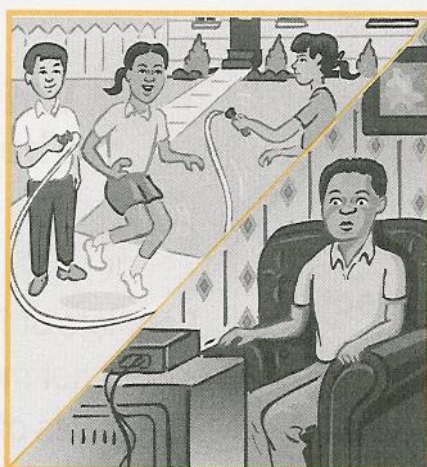
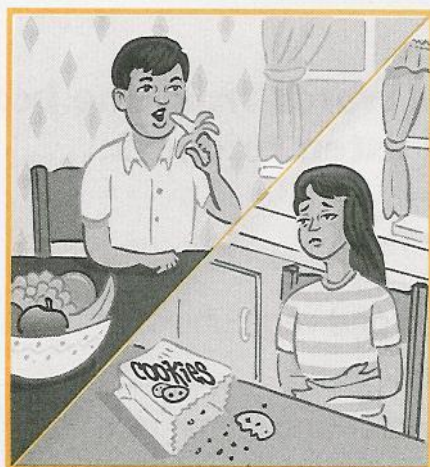
*'Cause I'm in shape and feeling good.
I know the rules for _____.Do like me, and you will learn
to take care of _____!*

(Chorus)



2 Write. Use words from the box.

Do and Don't



1. _____ enough good food.
2. _____ too much. (negative)
3. _____ enough exercise.
4. _____ too much TV. (negative)
5. _____ enough sleep.
6. _____ too late. (negative)

eat
get
stay up
watch

3 Check do or don't.

- | | Do | Don't |
|-------------------------------------|--------------------------|--------------------------|
| 1. Brush your teeth every day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Eat a lot of chocolate. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Take a bath or shower every day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Stay inside all day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Ride in a car everywhere. | <input type="checkbox"/> | <input type="checkbox"/> |

Grammar

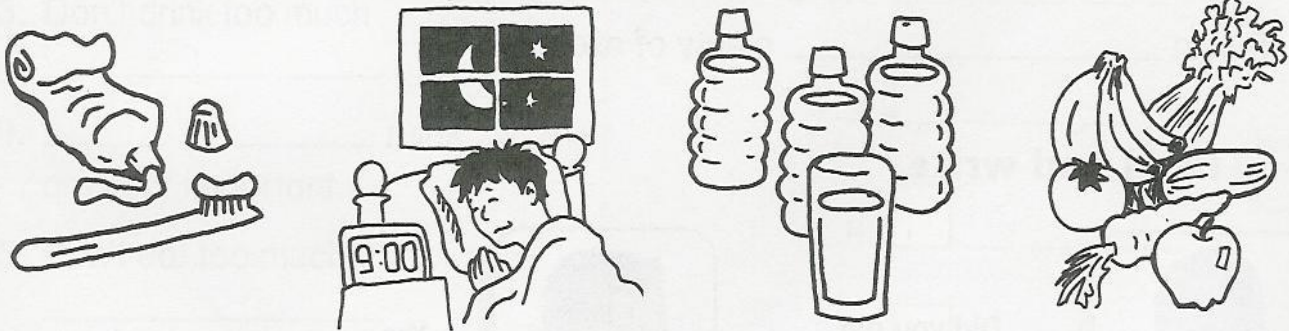
Did you get enough exercise yesterday?	Yes, I did .	No, I didn't .
Did Billy get enough exercise yesterday?	Yes, he did .	No, he didn't .
Did Laura get enough exercise yesterday?	Yes, she did .	No, she didn't .
Did Ken and Pat get enough exercise yesterday?	Yes, they did .	No, they didn't .

4 Write.

didn't = did not

1. Did he get enough exercise yesterday? Yes, he did.
2. Did she eat fruit and vegetables? Yes, _____
3. Did they drink enough water? No, _____
4. Did she eat enough good food? Yes, _____
5. Did he get enough sleep? No, _____
6. Did you drink soda yesterday? No, _____

5 Look. Write about you.



1. Did you brush your teeth yesterday? _____
2. Did you get enough sleep? _____
3. Did you drink plenty of water? _____
4. Did you eat fruit and vegetables? _____

Grammar

Did you **get** enough sleep?
Did you **eat** enough vegetables?
Did you **drink** enough water?

Yes, I **got** nine hours of sleep.
Yes, I **ate** a lot of vegetables.
Yes, I **drank** eight glasses of water.

Grammar

I
You
He
She
We
They

got nine hours of sleep.

6 Write. Use *got*, *ate*, or *drank*.

1. Sandy _____ plenty of sleep.
2. Alan _____ lots of water and juice.
3. Sue and Dan _____ too much candy.
4. Teresa _____ fruit and vegetables.
5. I _____ too much soda yesterday.
6. Sylvia _____ plenty of exercise.

7 Read and write.



Did you **get** enough exercise yesterday?



Yes, _____



Did you **eat** enough good food yesterday?



Yes, _____

8 Complete the questions. Use *did* and a word from the box.

1. _____ you _____ enough sleep yesterday?
2. _____ he _____ fruit and vegetables?
3. _____ they _____ plenty of water?
4. _____ she _____ enough exercise?
5. _____ you _____ your teeth yesterday?
6. _____ he _____ a bath or shower?

brush
drink
eat
get
take

9 Complete the sentences. Use the words to do the puzzle.

candy drink enough exercise
health sleep soda

1. _____ plenty of water every day.
2. Eat _____ vegetables every day.
3. Don't drink too much _____.
4. _____ rules are very important.
5. Don't eat too much _____.
6. _____ eight hours every night.
7. Get enough _____.
8. Get _____!

8. ↓

1. _____ _____
2. _____ _____
3. _____ _____
4. _____ _____
5. _____ _____
6. _____ _____
7. _____ _____

Listen. Read and circle.

1. That piece is so big. Don't _____. a. try to move it b. eat too much
2. I ate all my _____. a. broccoli b. asparagus
3. It's a great day. Let's _____. a. go shopping b. go swimming
4. You always _____. a. get enough sleep b. get enough exercise
5. Did she drink soda? a. No, she didn't. b. Yes, she did. She
She drank water. drank two cans.
6. Don't _____. a. stay up too late b. forget to exercise

**Listen and write.
Use words from the box.**

climb	fly	have
play	take	stay

Outside

I get together with my friends
to swim or _____ our kites.

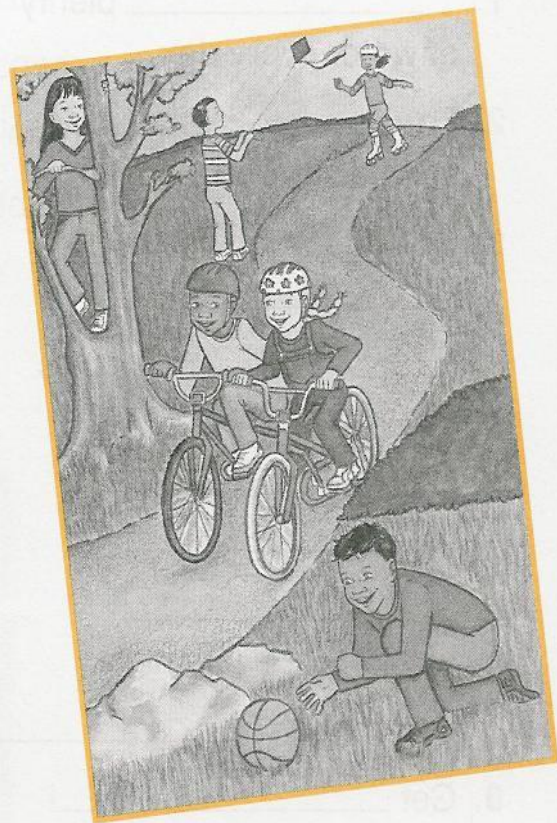
Sometimes we play basketball
or _____ races on our bikes.

We _____ some fruit and water
for a picnic in the park.

We _____ and run and have great fun
until it's almost dark.

I don't understand the kids
who _____ inside all day.

Who cares about TV when you
can go outside to _____?



Exercise Is Fun!

12 Read *Exercise Is Fun!* Match. Write the letter.



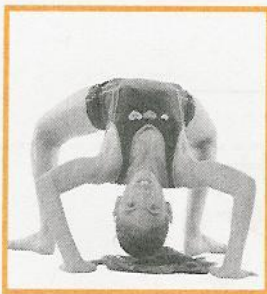
(a)



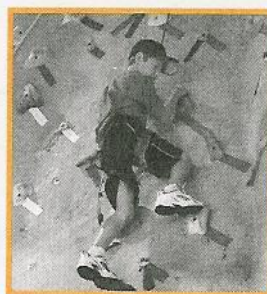
(b)



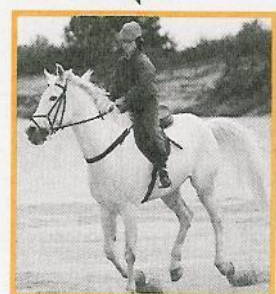
(c)



(d)



(e)



(f)

- | | |
|--|--|
| <u> e </u> 1. Boris is climbing a rock wall. | _____ 4. David is practicing karate. |
| _____ 2. Asma is practicing ballet. | _____ 5. Flor is doing yoga. |
| _____ 3. Justin is riding a horse. | _____ 6. Anita is jumping on a trampoline. |



13 How do you get exercise? Check. Draw one way you exercise.



- | | |
|--|--|
| <input type="checkbox"/> climb | <input type="checkbox"/> play baseball |
| <input type="checkbox"/> dance | <input type="checkbox"/> play soccer |
| <input type="checkbox"/> do gymnastics | <input type="checkbox"/> play volleyball |
| <input type="checkbox"/> do karate | <input type="checkbox"/> ride a bike |
| <input type="checkbox"/> do yoga | <input type="checkbox"/> run |
| <input type="checkbox"/> jump | <input type="checkbox"/> swim |







Review

14 Read and look. Complete the sentences.

1. Eat enough good food. Eat  and .

Don't eat too much  or drink too much .

2. Get enough exercise. Ride a  or play .

Don't watch too much  or  too much.

15 Complete the sentences. Use *ate*, *drank*, and *got*.

1. Yesterday Paul _____ good food and _____ lots of water.
2. He _____ enough exercise and _____ enough sleep.

16 Write. Are you in shape? Why or why not?

TRACK B49
1

Listen and say.

TRACK B50
2

Listen and say. Point to the picture.

1



2



3

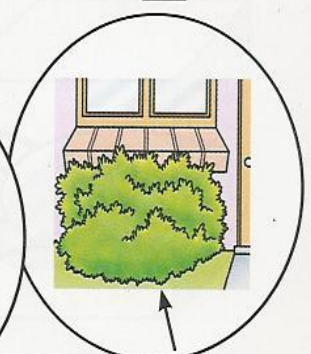
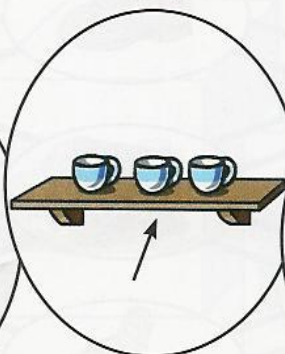


4



TRACK B51
3

Listen. Which words have the same sound as the *sh* in *shoe*? Check the boxes.



4

Read. Underline the words with the same sound as the *sh* in *shoe*.

In the morning, I take a shower, brush my teeth, and get dressed in my favorite blue shirt, shorts, and shoes.



5

Write words that have the same sound as the *sh* in *shoe*. Say.

Circles and triangles are _____.


Polar bears have claws that are _____.


1 Say the words. How many times do you hear **sh** as in **shoe**?

bush fish mushroom shadow sharp shelf short wash


2 Look and write the sentences. Say the sentences.

1. The  is walking.

2. This  is delicious.


3. The bear has  claws.

4. My new  is green.

5. The cups are on the .

6. I take a  at 7:00.

7. I don't like .

8. Lucy likes to make .

TRACK B52
1

Listen and say.

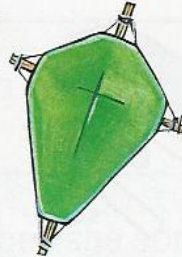
TRACK B53
2

Listen and say. Point to the picture.

1



2



3

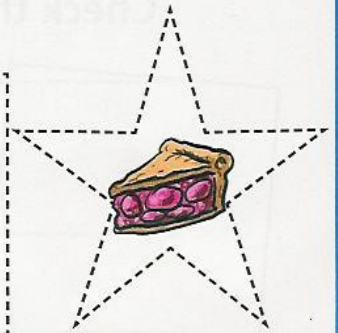
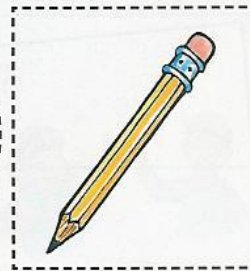


4



TRACK B54
3

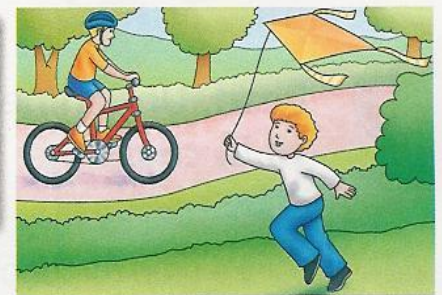
Listen. Which words have the same sound as the *i* in *five*?
Trace the shapes.



4

Read. Underline the words with the same sound as the *i* in *five*.

We are at the park. I'm riding my bike.
My sister is playing hide-and-seek. My
brother is flying his kite.



5

Write words that have the same sound as the *i* in *five*. Say the answer.

$5 + 14 = ?$ _____

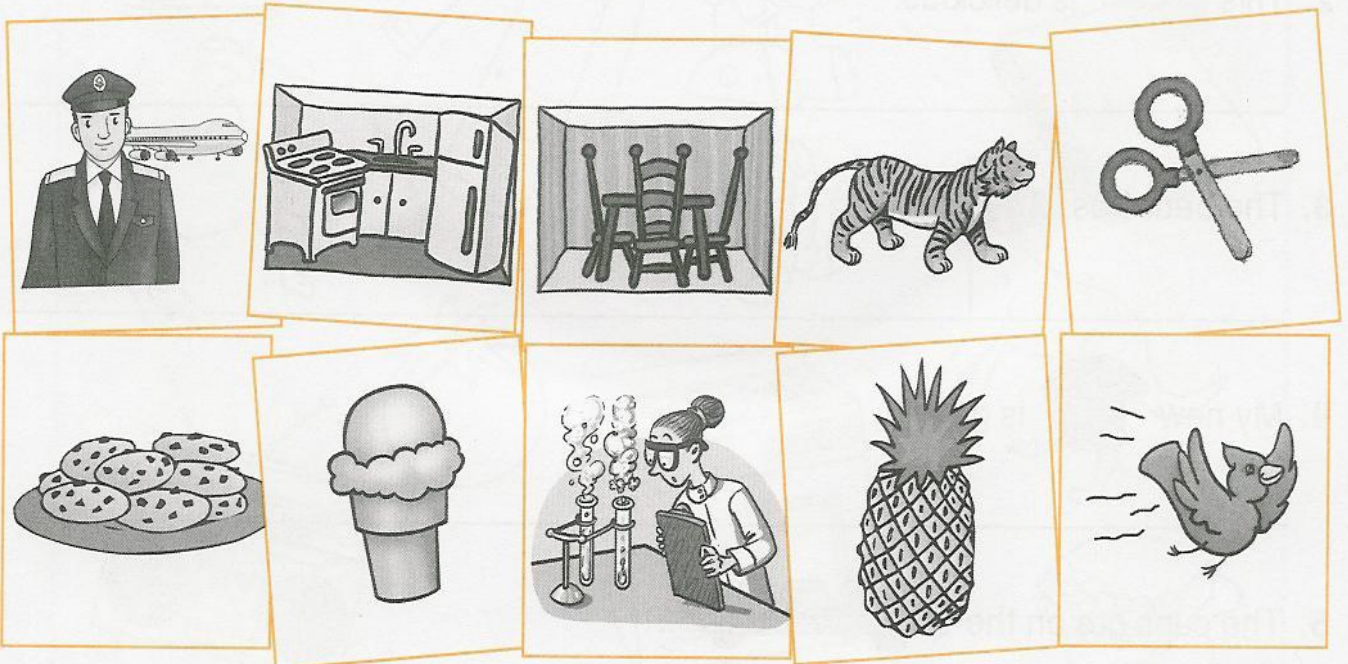
$20 + 70 = ?$ _____

1 Say the words. How many times do you hear *i* as in *five*?

climb firefighter kite lion night pie rice white

2 Look at the pictures. Write the words with the same sound as the *i* in *five* in box 1. Write words that don't have the same sound as the *i* in *five* in box 2.

bird cookies dining room ice cream kitchen
pilot pineapple scientist scissors tiger



1

2

TRACK B55
1

Listen and say.

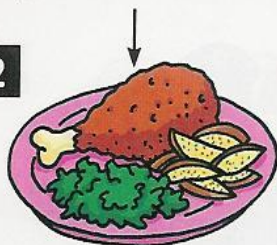
TRACK B56
2

Listen and say. Point to the picture.

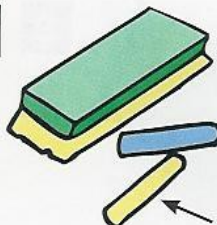
1



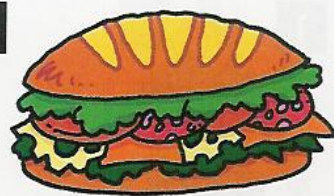
2



3

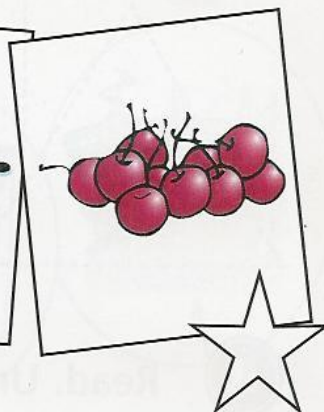
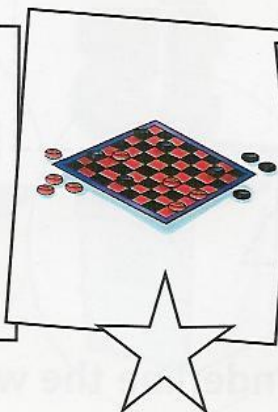
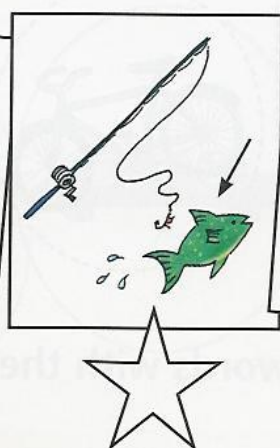
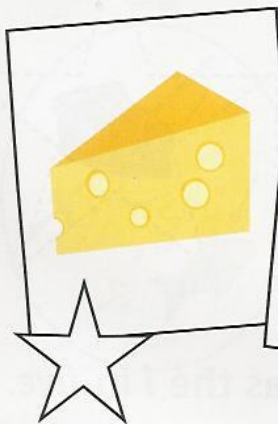


4



TRACK B57
3

Listen. Which words have the same sound as the **ch** in **chair**? Check the stars.



4

Read. Underline the words with the same sound as the **ch** in **chair**.

It's time for lunch. We have chicken sandwiches, salad, cheese pizza, and chocolate cake to eat. And juice to drink!



5

Write words that have the same sound as the **ch** in **chair**. Say.

The t_____ is writing with _____ on
the board. The _____ are w_____ her.

1 Say the words. How many times do you hear **ch** as in **chair**?

catch chalk cheetah chicken chocolate lunch touch watch

2 Charlie wants to eat cheese pizza. Find the path using words with the same sound as the **ch** in **chair**.

