

## 1D SUPPORT MATERIAL



**Centro Interescolar de Línguas de Ceilândia**

Student: \_\_\_\_\_

Class: \_\_\_\_\_ Teacher: \_\_\_\_\_

# Classroom Language

- Sorry, I`m late. May I come in?
- May I drink some water?
- May I go to the restroom?
- I don`t understand
- Can you repeat, please?
- Teacher, I have finished the exercise.



- May I borrow your pencil, please?
- How do you say `maçã` in English?
- What does `ruler` mean?
- How do you spell `coffee`?



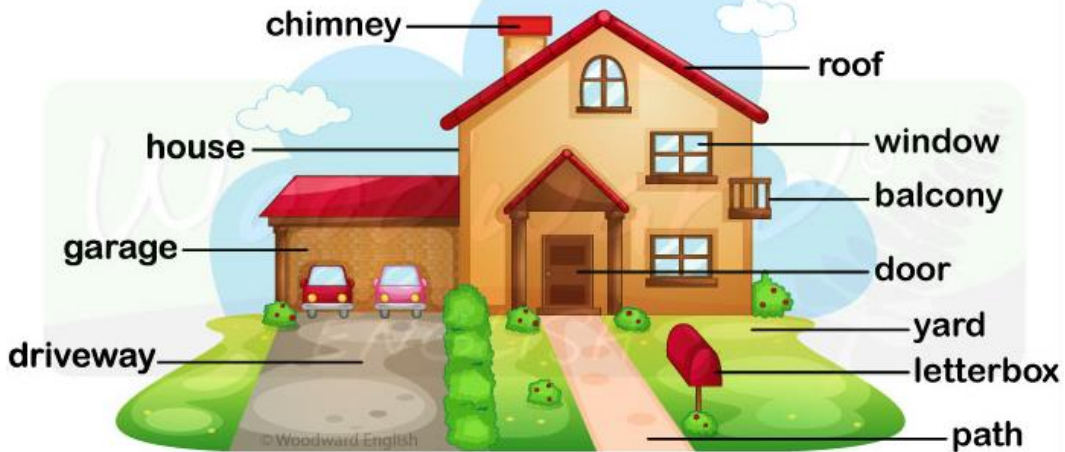
FIRST TERM

My home and other places

ENGLISH VOCABULARY

# PARTS OF A HOUSE

Woodward's ENGLISH



ENGLISH VOCABULARY

# PARTS OF THE HOUSE

Woodward's ENGLISH



© Woodward English



# Welcome home!

Match the pictures to their names.

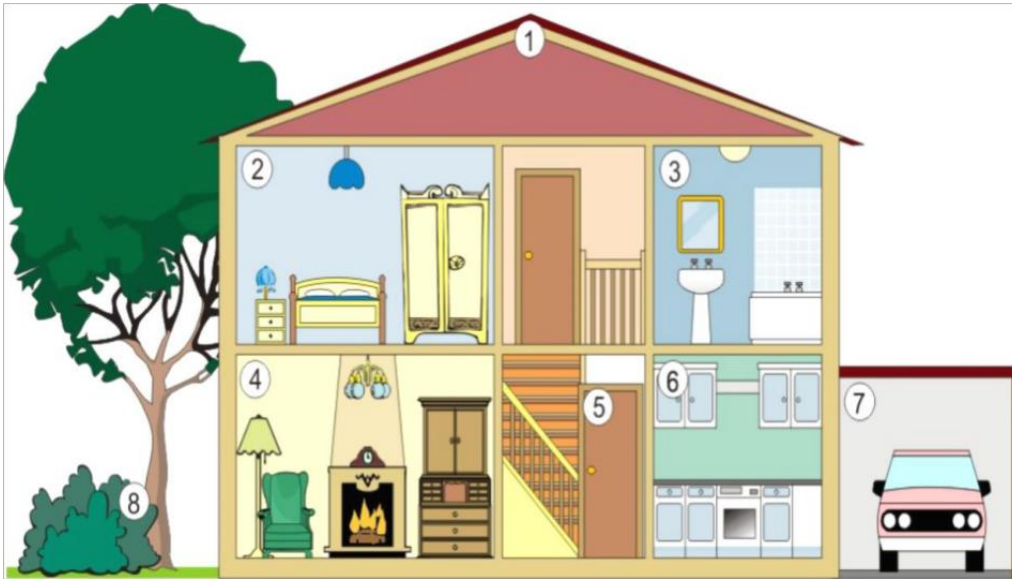


1. window blind
2. stool
3. lamp
4. fireplace
5. desk
6. coffee table
7. carpet / rug
8. bookcase
9. clock
10. curtains
11. DVD player
12. HiFi sound system
13. sofa / couch and cushions
14. washing machine
15. wardrobe
16. single bed
17. heater
18. drawer
19. cupboards
20. chest of drawers / dresser
21. bed table
22. bath
23. chair
24. cot and high chair
25. double bed
26. fridge
27. shelves (a shelf)
28. television
29. table
30. mirror
31. fitted carpet
32. dish washer
33. cooker and oven
34. ceiling light
35. armchair
36. microwave oven

Watch the following video for more vocabulary about houses and furniture.  
[https://www.youtube.com/watch?v=m27Cck\\_LGHc&t=189s](https://www.youtube.com/watch?v=m27Cck_LGHc&t=189s)



A. Name the rooms / parts of a house.



- |         |          |
|---------|----------|
| 1 _____ | 5. _____ |
| 2 _____ | 6. _____ |
| 3 _____ | 7. _____ |
| 4 _____ | 8. _____ |

**THERE IS / THERE ARE**  
 Meaning: to say that something exists (or doesn't exist)

<b>POSITIVE</b>	There <b>is</b> + <b>singular noun</b> There <b>is</b> a <b>book</b> on the desk.
	There <b>are</b> + <b>plural noun</b> There <b>are</b> <b>books</b> on the desk.
	There <b>is</b> + <b>uncountable noun</b> There <b>is</b> some <b>milk</b> in the fridge.

<b>NEGATIVE</b>	There <b>isn't</b> + <b>singular noun</b> There <b>isn't</b> a <b>pen</b> on the table.
	There <b>aren't</b> + <b>plural noun</b> There <b>aren't</b> any <b>pens</b> here.
	There <b>isn't</b> + <b>uncountable noun</b> There <b>isn't</b> any <b>juice</b> in the fridge.

<b>INTERROGATIVE</b>	There <b>is</b> a cat on the chair.      There <b>are</b> cats on the sofa.
	<b>Is there</b> a cat on the chair? <b>Are there</b> cats on the sofa?

**B. Read the following text and write T for TRUE or F for FALSE, according to the text:**

I live in a little town near the beach. My house is small but really comfortable. When entering the house the first room you see is the living - dining room. There are a lot of pictures on the walls from friends and family and plenty of books in the bookcase that goes from top to bottom. It is an open concept so from there you can also see the kitchen. In the dining - living room there are two chairs, one round table a TV next to the window that let the sunlight enters during daytime. There is also a lively sofa. There is a tiny bedroom, my favorite room in the house and one bathroom as well. In my bedroom there is a bunk bed, a shelf and a carpet on the floor. I really like to spend time in my home!

1. ( ) The house is on the beach.
2. ( ) There are two bedrooms.
3. ( ) There is one big living room.
4. ( ) There aren't any books.
5. ( ) There is a round table in the dining room.
6. ( ) There is plenty of sunlight during the day.
7. ( ) There are two armchairs.
8. ( ) There isn't an open concept.
9. ( ) There aren't many pictures.
10. ( ) The house is small and comfortable.

**SPEAKING**

**A. My School**

1. Where do you study?
2. How do you go to school?
3. How many teachers do you have?
4. What's your favorite school subject?
5. What's your favorite place at school?

**B. The words below refer to places in a school. Do you understand all of them?  
Is there any other place in your school?**

a cafeteria	a classroom	a library
an auditorium	a science lab	a computer lab
a health office	the principal's room	the teachers' room



C. Choose the correct alternative according to the picture. Then, in pairs, talk about your schools.

What is there in your school?  
 What is your favorite place in your school?  
 What is there in this place?  
 What do you do in this part of the school?



- 1 a)music room  
 b)gym  
 c)cafeteria



- 7 a)library  
 b)playground  
 c)english lab



- 2 a)science lab  
 b)computer lab  
 c)classroom



- 8 a)history room  
 b)gym  
 c)music room



- 3 a)library  
 b)cafeteria  
 c)science lab



- 9 a)playground  
 b)classroom  
 c)spanish lab



- 4 a)art room  
 b)computer lab  
 c)gym



- 10 a)music room  
 b)classroom  
 c)science lab



- 5 a)gym  
 b)spanish lab  
 c)library



- 11 a)computer lab  
 b)playground  
 c)art room



- 6 a)cafeteria  
 b)history room  
 c)playground



- 12 a)english lab  
 b)music room  
 c)science lab

## Places in a city

A. Answer the questions. What can you do in these parts of the city?

1. Where can you go when you are sick?
2. Where can you go when you need to send items to another city or country?
3. Where can you go to take a bus?
4. Where can you go to fix your car?
5. Where can you go to see wild animals?
6. What can you do in a bank?
7. What can you do in the park?

### VOCABULARY – My neighborhood

B. Write the name of the place below its picture. Some words will not be used.

theater	bank	school	town hall	drugstore	restaurant
hospital	supermarket/grocery	farmer's market	police station		
post office	mall	internet café	movie theater	library	



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



## PART 1 - ROUTINE

### A School in Ceilândia

Hi. I'm Henry. I study at Centro de Ensino Fundamental 04, a school in Ceilândia, Distrito Federal. There are about 600 students and 30 teachers at CEF 04. My best friends are Clara and Victor. We have classes together from Monday to Friday in the afternoon. Our classes start at one ten and finish at six ten. At three forty, we have a 20-minute break.

On Mondays, we have two math classes, a Portuguese class before the break and another Portuguese class immediately after the break, then science and geography. On Tuesdays and Thursdays, we have two history classes, arts, two English classes after the break and then math. On Wednesdays, we have a different sequence from Mondays: a math class, two Portuguese classes, two science classes after the break, then geography. On Fridays, the first two classes are project 1, the last two classes are project 2 and the classes before and after the break are physical education (PE). I love sports, so Friday is my favorite day. We don't have classes on Saturdays and Sundays. These days are free.

I like CEF 04 because I have friends there and I learn a lot.

**A. Read about Henry's routine at CEF 04 and complete his schedule with his school subjects.**

	Monday	Tuesday	Wednesday	Thursday	Friday
1.10 pm – 2.00 pm					
2.00 pm – 2.50 pm					
2.50 pm – 3.40 pm					
3.40 pm – 4.00 pm	BREAK				
4.00 pm – 4.50 pm					
4.50 pm – 5.40 pm					
5.40 pm – 6.10 pm					

**B. Read the text and answer the questions:**

1. What's Henry's favorite day at school? Why?

\_\_\_\_\_

2. Who are his best friends? \_\_\_\_\_

Notice the correct forms:

1. Henry and his friends **HAVE** history **ON** Tuesdays.
2. Henry and his friends **DON'T HAVE** classes **IN** the morning.
3. Henry **HAS** physical education **AT** 2:50 **ON** Fridays.

**C. Check the text to write true sentences. Use HAVE or DON'T HAVE.**

1. Henry and friends \_\_\_\_\_ classes in the evening.
2. CEF 04 students \_\_\_\_\_ Spanish classes.
3. They \_\_\_\_\_ arts on Thursdays.
4. They \_\_\_\_\_ classes on weekends.
5. They \_\_\_\_\_ a break at 3:40 p.m.

**D. Now in pairs, ask and answer the following questions. Use your notebook to take notes.**

1. When's your birthday?
2. What time do you usually get up?
3. When do you have a shower?
4. What time do you usually have lunch?
5. What time do you finish school?
6. What time do you usually have dinner?
7. When do you usually go shopping?
8. When do you usually have your vacation?
9. When do you go to English class?
10. When do you do your homework?
11. When do you usually read?
12. When do you usually listen to music?
13. What's your favorite time to watch TV?
14. What do you usually watch on TV?
15. When do you usually do sport or exercise?
16. When do you usually see your friends?
17. What's your favorite day of the week?
18. What's your favorite holiday?
19. When do you usually use your cellphone?
20. What do you usually see or do on social media?



**E. Answer the questions about you.**

1. Where do you study?

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2. What school subjects do you like? When do you have this subject at school?

---

3. What classes do you have on Mondays?

---

4. When do you have English classes at CILC?

---

5. What time does this class finish?

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## PART 2 – Routine

### Telling when you do things...



#### A. Answer the questions about you.

Notice the correct forms: I usually get up **AT** 10 a.m.  
I go to bed **AT ABOUT** 11 p.m.

1. What time do you usually get up? \_\_\_\_\_
2. What time do you usually have lunch? \_\_\_\_\_
3. What time do you go to school? \_\_\_\_\_
4. What time do you have English classes at CILC? \_\_\_\_\_
5. What time do you go to bed? \_\_\_\_\_

### Telling the time



2:00 - It's two <b>o'clock</b> .	2:30 - It's half <b>past</b> two.
2:05 - It's five <b>past</b> two.	2:35 - It's twenty-five <b>to</b> three.
2:10 - It's ten <b>past</b> two.	2:40 - It's twenty <b>to</b> three.
2:15 - It's quarter <b>past</b> two.	2:45 - It's quarter <b>to</b> three.
2:20 - It's twenty <b>past</b> two.	2:50 - It's ten <b>to</b> three.
2:25 - It's twenty-five <b>past</b> two.	2:55 - It's five <b>to</b> three.

We use **AT + TIME** when giving the time of a specific event.

- The class starts at nine o'clock.
- The flight leaves at ten to three.

We use **IT IS** or **IT'S** to answer a question that asks for the time right now.

- What time is it? - It is half past four.
- What's the time? - It's twenty to five.

#### B. Watch the following video for more information on how to say the time in English.

<https://www.youtube.com/watch?v=fq2tRfHu5s8>





C. What time is it? What's another way of saying the time? Choose from the alternatives below and write them down. Then practice different times with a friend.

It's ten past three.  
It's ten to three.

It's a quarter past nine.  
It's twenty past ten.

It's a quarter to six.  
It's half past ten.

- 1) 9.15 \_\_\_\_\_
- 2) 2.50 \_\_\_\_\_
- 3) 10.20 \_\_\_\_\_
- 4) 10.30 \_\_\_\_\_
- 5) 3.10 \_\_\_\_\_
- 6) 5.45 \_\_\_\_\_

**Remember!** In English we don't usually say numbers higher than 12 when we say the time. Except for specific contexts\*, people prefer to use a.m or p.m. to specify what part of the day you are talking about.

Wrong: ✗ ~~My English class is at 14:00.~~  
Right: ✓ My English class is at 2:00 p.m.

a.m. (anti meridiem):  
para horários antes do meio-dia  
p.m. (post meridiem):  
para horários depois do meio-dia

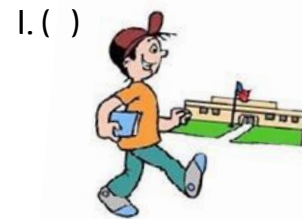
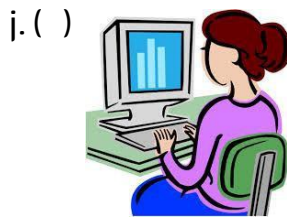
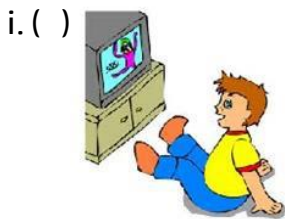
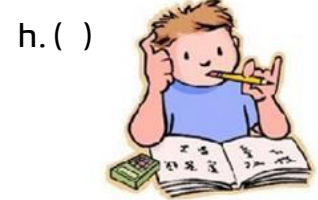
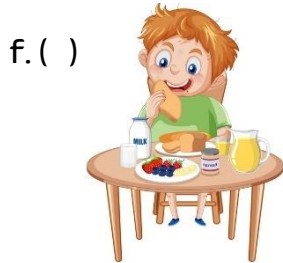
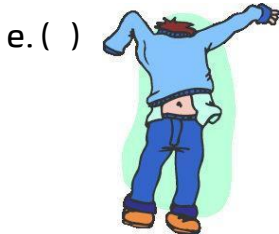
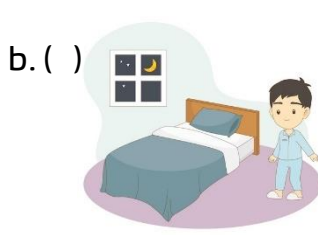
\*In the military, in hospitals and sometimes on TV timetables, people use the 24h scale. In such contexts, 14:00 is pronounced "fourteen hundred".

## DAILY ROUTINES



**VOCABULARY: In the morning**

**A. What do you usually do in the morning? Tick the activities.**



**B. Match the phrases and the pictures:**

- |                   |                |                  |                        |
|-------------------|----------------|------------------|------------------------|
| 1. wake up        | 4. brush teeth | 7. take a shower | 10. get dressed        |
| 2. have breakfast | 5. get a bus   | 8. go to school  | 11. use the computer   |
| 3. watch TV       | 6. do homework | 9. get up        | 12. use the cell phone |

**C. Practice in pairs. Cover the box and try to remember the words. Point to the picture and say the phrase out loud.**

**D. Now choose some activities and complete your routine in a chronological order.**

First, I \_\_\_\_\_ . Then, I \_\_\_\_\_ .

After that, I \_\_\_\_\_ and I \_\_\_\_\_ .

Finally, I \_\_\_\_\_ .

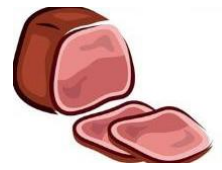
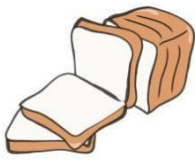
**E. Write two more sentences about your morning routine.**

\_\_\_\_\_

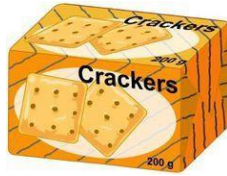
\_\_\_\_\_

**VOCABULARY: Breakfast – Food and Drink**

**A. Write the name according to the picture.**



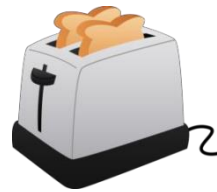
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_



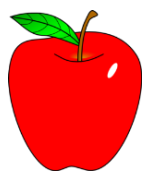
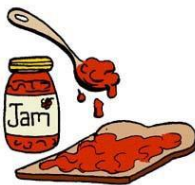
e. \_\_\_\_\_ f. \_\_\_\_\_ g. \_\_\_\_\_ h. \_\_\_\_\_



i. \_\_\_\_\_ j. \_\_\_\_\_ k. \_\_\_\_\_ l. \_\_\_\_\_



m. \_\_\_\_\_ n. \_\_\_\_\_ o. \_\_\_\_\_ p. \_\_\_\_\_



q. \_\_\_\_\_ r. \_\_\_\_\_ s. \_\_\_\_\_ t. \_\_\_\_\_

bread	yogurt	milk	tea	jam
orange juice	ham	bacon and eggs	cheese	cookies
pancakes	butter	cereal	banana	apple
coffee	crackers	toast	cake	papaya

**B. Answer the questions:**

- Do you have breakfast every day? \_\_\_\_\_
- What time do you usually have breakfast? \_\_\_\_\_
- What do you usually have for breakfast? \_\_\_\_\_



**VOCABULARY: In the afternoon**

**A. Look at the pictures:**

What activities can you say in English?

Tick the activities you usually do in the afternoon.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



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



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_

**B. Write the correct phrases under the pictures from exercise A.**

practice sports  
have lunch  
take a shower

walk to school  
get a bus  
have a snack

hang out  
go to school  
study

get dressed  
come back home

**C. Complete your routine in the afternoon.**

In the afternoon, first, I \_\_\_\_\_ . Then, I \_\_\_\_\_ .

After that, I \_\_\_\_\_ and I \_\_\_\_\_ .

Finally, I \_\_\_\_\_ .

**D. What do you do after school?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**VOCABULARY: In the evening**

**A. Match the action to the correct picture.**



a. ( )



b. ( )



c. ( )



d. ( )



e. ( )



f. ( )



g. ( )



h. ( )



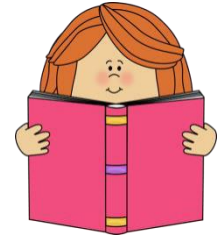
i. ( )



j. ( )



k. ( )



l. ( )

- |                    |                       |                     |                     |
|--------------------|-----------------------|---------------------|---------------------|
| 1. practice sports | 4. watch TV           | 7. hang out         | 10. get dressed     |
| 2. have dinner     | 5. use the cell phone | 8. use the computer | 11. go to bed       |
| 3. take a shower   | 6. do homework        | 9. read a book      | 12. listen to music |

**B. Complete your routine in the evening.**

In the evening, first, I \_\_\_\_\_ . Then, I \_\_\_\_\_ .

After that, I \_\_\_\_\_ and I \_\_\_\_\_ .

Finally, I \_\_\_\_\_ .

**C. Answer the questions about your routine.**

1. Do you have dinner every day? \_\_\_\_\_
2. What time do you usually have dinner? \_\_\_\_\_
3. What do you usually have for dinner? \_\_\_\_\_
4. What time do you go to bed? \_\_\_\_\_

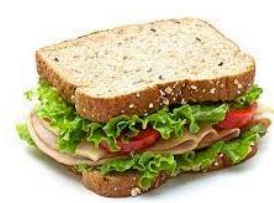
**VOCABULARY: Lunch and Dinner – Food and Drink**

**A. Write the words under the correct picture. Choose from the box.**

salad	beans	meat	a hamburger	vegetables	chicken
rice	fish	pasta	a sandwich	French fries	soda



1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_



5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_



9. \_\_\_\_\_ 10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_

**B. Answer the questions about you then compare your answers with a friend. Use your notebook to take notes.**

1. What is your favorite dish for lunch?
2. What is your favorite dish for dinner?
3. Where do you usually have lunch?
4. Who do you usually have dinner with?
5. Are you allergic to any kind of food?
6. What do you usually eat before going to school?
7. What's your favorite dessert?
8. Do you like fish?
9. Can you cook? What can you cook?
10. How often do you drink soda?





## Paragraph writing

We can define a paragraph as a group of sentences organized around a topic. The topic is what the paragraph is about.

Topic - Para identificar o t3pico, faa a seguinte pergunta: Sobre o que 3 o par3grafo?

A. Read the paragraphs below. What is the topic of each paragraph?

1.

I live in a big house. There are thirteen rooms: a living room, a dining room, a kitchen, a laundry area, a study room, a balcony, three bathrooms and four bedrooms. The living room and dining rooms are really spacious and cozy. There are two sofas and a dinner table for eight people. There is another sofa and a table on the balcony. All the bedrooms are large and breezy and the house is very comfortable. I can invite many friends to go there. I love having a big house!

2.

My family is really close together. My mother, my father and I live in the same house. We have breakfast together every morning. My father takes me to school by car and then he goes to work. At lunch time, my mother usually calls me or she sends me a message on my cell phone. In the evening we are always together. We watch the news on TV and then have dinner. I usually do the dishes before I go to bed. I'm happy that my family is so close together. It makes me feel safe.

3.

I have a very busy routine on weekends. On Saturdays, I get up at 6 o'clock. I take a shower, have breakfast and go to my singing class. It finishes at noon. Then, I go home and have lunch. After lunch, I help my mother clean the house. Saturday is our "cleaning day", so we do the laundry and ironing, and clean the whole house. On Sundays, I get up early, too. I go to bible study in the church and then I sing during the worship service. In the afternoon, I usually do my homework. Sunday evening is the only time of the weekend that I can relax, so I usually read a book or watch TV.



**LISTENING**

<https://www.youtube.com/watch?v=q3V3hSbgORk>



**A. Watch the video. Talk to a partner. Discuss the questions below.**

- 1. What is the video about?
- 2. What did you understand?

**B. Many girls in Kenya have a hard day. Watch the video again and check the things they do.**

- a. ( ) get up early
- b. ( ) have breakfast
- c. ( ) give food to the animals
- d. ( ) get water
- e. ( ) watch TV
- f. ( ) help with housework
- g. ( ) take care of younger brothers and sisters.

**C. Kakenya wants to change all this. She runs a school called “Kakenya’s Center for Excellence”. Circle T for TRUE and F for FALSE in the sentences about their routine at school.**

- a) T F All girls live there.
- b) T F They cook their meals.
- c) T F They sing and dance.
- d) T F They get up at 6:00 a.m.
- e) T F They learn science, math, history and geography.
- f) T F They learn how to play sports.

**CRITICAL THINKING**

**1. Do you think Kakenya’s school is good? Why or why not?**

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## DEVELOPING SKILLS

### ORGANIZING YOUR TIME (adapted from Open Mind 1)

#### A. How well do you manage your time?

Answer the quiz to check it out.

1. How do you feel about time?

- a. I never have enough time!
- b. Sometimes I don't have time to do everything, but usually it's OK.
- c. Time? I have a lot of it!

2. Do you arrive on time for things?

- a. Yes, always.
- b. Sometimes, but not always.
- c. No. I'm always late!

3. Do you often have things to do?

- a. No, I'm always busy.
- b. Sometimes.
- c. Yes, I do.

4. How often do you check the time?

- a. I'm too busy to look at the clock!
- b. Never. I don't have a watch.
- c. Often. I like to know what time it is.

5. You have something important to do. How do you feel?

- a. I'm not worried because there's a lot of time.
- b. Help! I have a thousand things to do today!
- c. Forget it! I can do it tomorrow.

6. How do you work or study?

- a. I just work until I finish.
- b. I take a lot of breaks to watch TV and chat online.
- c. It's difficult. I never have time to finish my work or study.

#### Adverbs of frequency

always (sempre)  
usually  
often  
sometimes  
rarely  
hardly ever  
never (never)

#### Now add up your score:

1. a = 3	b = 2	c = 1
2. a = 1	b = 2	c = 3
3. a = 3	b = 2	c = 1
4. a = 3	b = 1	c = 2
5. a = 2	b = 3	c = 1
6. a = 2	b = 1	c = 3

My Total: \_\_\_\_\_

**6 -10** You have a lot of time – **because you don't do important things!**

Manage your time better and you can achieve more.

**11-15** You have a good attitude about time. With a little time management, you can do even more.

**16 -18** You need to manage your time and give yourself time to relax!

## LISTENING

A. Listen to Lisa talking about her to-do list for this week. Match the day and the task. There's one extra.

- |                            |                                    |
|----------------------------|------------------------------------|
| 1. On Monday...            | a. ( ) she goes clubbing.          |
| 2. On Tuesday afternoon... | b. ( ) she meets her friend Bill.  |
| 3. On Wednesday morning... | c. ( ) she goes to the gym.        |
| 4. On Thursday night...    | d. ( ) she works late.             |
| 5. On Friday night...      | e. ( ) she has a business meeting. |
| 6. On Saturday...          | f. ( ) she relaxes at home.        |
| 7. On Sunday...            | g. ( ) she watches TV.             |
|                            | h. ( ) she visits her parents.     |

B. Do you think she has a busy week? Do you think she manages her time well? Why or why not?

## READING AND LISTENING

A. Read Daily Routines Around the World and decide which statements are true for Brazil.

- ( ) In Austria, children go to school at seven thirty in the morning.
- ( ) In Japan, people go to work between seven and nine in the morning.
- ( ) In Holland, people start work at eight in the morning and finish work at five o'clock in the afternoon.
- ( ) In Greece, children start school at eight and finish at one thirty or start at two and finish at seven in the evening.
- ( ) In Korea, people have lunch at noon.
- ( ) In Mexico, people have at three or four o'clock in the afternoon.
- ( ) In the United States, people finish work at five in the afternoon.
- ( ) In Norway people, have dinner at five in the afternoon.
- ( ) In Chile, people have dinner at ten or eleven in the evening.

B. Work in pairs and compare your answers.

C. Listen to Tony, from Australia. Check the statements in Daily Routines Around the World which are true for Australia.

D. Listen to the conversation again and complete the questions.

1. What time \_\_\_\_\_ get up?
2. What time \_\_\_\_\_ children start school in the morning?
3. When \_\_\_\_\_ finish school?
4. When \_\_\_\_\_ people go to work in the morning?
5. When \_\_\_\_\_ you \_\_\_\_\_ lunch?
6. What time do you \_\_\_\_\_ work?
7. When \_\_\_\_\_ you \_\_\_\_\_ dinner?
8. When \_\_\_\_\_ you \_\_\_\_\_ ?
9. \_\_\_\_\_ you \_\_\_\_\_ on Saturdays and Sundays?

Now work in pairs. Interview your partner about his/her routine.





## READING – What did you find out?

All food we can divide into three groups: red, yellow and green group. Imagine lights on traffic lights. Red colour means STOP – it is not good to eat much food in this group. Sweets, fizzy drinks and fried food belong into this group. Look back into your answers. How much food from this RED group do you eat? And how often?

Next group is yellow and means BE CAREFUL – you can eat this food but not a lot of it. Here you can find dairy product, chicken, fish, fruit. And what about your answers? How much fruit do you eat?

The last group is green – GO. You can eat how much you want. Vegetables belong in this group. How many vegetables do you eat?

**B. Do you eat all of the seven important things mentioned above? Tell your partner.**

**CARBOHYDRATES** give you energy. There are carbohydrates in bread, sugar, potatoes, rice and pasta.

**FATS** make you strong and give you energy. There are fats in meat, butter and cheese and oil.

**VITAMINS** are important for your eyes, your skin, your bones, your hair and for other parts of your body. There are 13 types of vitamins (A, B, C and so on). There are vitamins in many types of food.

**PROTEIN** helps you grow and gives you energy. There is protein in meat, fish and milk.

**WATER** is important for your blood. It also cleans your body from the inside. Drink a lot of water every day.

**MINERALS** make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat, cereals and many other foods.

**FIBER** cleans the inside of your body. There is fiber in nuts, beans and cereals.

**C. How does the food group below help your body?**

**Write the kind of nutrient(s) under the pictures according to the text.**





arm yourself with appropriate knowledge that will ensure that you get the result you want.

**A. Circle T for TRUE and F for FALSE, according to the text.**

1. T F In the text, the author describes his/her lifestyle.
2. T F Physical exercise is important for a healthy lifestyle.
3. T F Aerobic exercise is good for your health.
4. T F Herbal medicine, massage, therapy and meditation are alternatives for a healthier lifestyle.
5. T F If you take care of your physical health, you have a healthy lifestyle.

**B. According to the text, to have a healthy lifestyle, you need to take care of your physical, mental and spiritual health. What do you do in that direction? Answer the questions below. Then, discuss with a partner.**

### **PHYSICAL**

1. How often do you practice physical exercise?
2. What physical exercise(s) do you practice?
3. How often do you ride a bike?
4. How often do you walk to school?
5. Do you have healthy eating habits?



### **MENTAL / SPIRITUAL**

1. Are you a positive person?
2. Do you have time for relaxation in your day?
3. Do you have time for meditation or prayer in your routine?



4. How often do you laugh with your friends?
5. How often do you sing aloud (or do something that makes you feel happy)?
6. How often do you read inspirational stories (or watch uplifting movies)?



**READING** – Write a paragraph about your lifestyle. Use the following topic sentence:

I have a/an \_\_\_\_\_ lifestyle.  
(healthy / unhealthy)

Give examples of what you do (or don't do) to keep your physical and mental health. Give extra information about each example.

You can use a mind map to help you organize your ideas:

Topic sentence:

I have a healthy life style.

Supporting sentences:

Physical Health

- I eat a lot of fruit and vegetables.
- I walk to school every day.
- I practice exercise twice a week.

Mental Health

- I am a positive person.
- I go to the church every Sunday.
- I usually talk to my friends every day during break time at school.

### My Lifestyle




# VOCABULARY

A. Look at the chores below. Write the pictures and words. Choose from the list below.

make my bed    prepare breakfast    cook lunch    do the laundry    do the dishes  
do the ironing    set the table    feed the pet    take out the trash



1.



2.



3.



4.



5.



6.



7.



8.



9.

B. Who does each chore in your house? Write people's names in the picture and then, write sentences.

Example: My brother takes out the trash.

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C. Do you help with housework? What do you do? How can you help more?

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**READING**

**A. Read about Jenny and circle T for TRUE or F for FALSE.**



Jenny Morris is only ten years old, but she sure can keep a house clean.

Every morning, she makes her bed. On weekdays after dinner, she does the dishes. On Thursdays, Jenny's mom helps her clean her bedroom and her dad takes out the trash. Mr. Morris also cooks dinner on the weekend. She also feeds the cat and sweeps the floor. Jenny is very proud of herself. Her help is important for her family.

- 1. T F Jenny is nine years old.
- 2. T F She never makes her bed.
- 3. T F Dad takes out the trash.
- 4. T F Mr. Morris prepares lunch.
- 5. T F Jenny feeds the cat.

**B. Answer the questions.**

1. How old is Jenny?

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2. What does she do every morning?

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3. When does she do the dishes?

---

4. Who helps Jenny clean the bedroom?

---

5. What does her dad do?

---

6. What other chores does Jenny do?

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## LISTENING

### A. Listen and circle a, b or c.

1. Patrícia is ...

a. American

b. 13 years old

c. a student

2. She studies English...

a. on weekends

b. on cold days

c. every day

3. After school, she...

a. practices surf

b. has dinner

c. hangs out

4. On weekends, she ...

a. goes shopping

b. goes swimming

c. plays basketball

### B. Listen to Melissa talk about her routine. Circle the correct option in each sentence.

1. She gets up at **6.15 / 6.30**.

2. She has a cup of **tea / coffee** and toast for breakfast.

3. After she goes to the bathroom, she gets dressed and brushes her **teeth / hair**.

4. She **goes to work / has breakfast** at 7.30.

5. She **goes home / she eats lunch** at 12.00.

6. In the evening, she **reads / has dinner** and watches TV.

7. She goes to bed **early / late**.

### C. Work in pairs. Read the sentences about Melissa followed by a sentence about your own routine.

Example: Melissa gets up at 6.30. I get up at 8.00.

## SPEAKING

### A. Use the cues below to help you make questions. Write the questions.

1. Where / live? \_\_\_\_\_

2. Where / study? \_\_\_\_\_

3. What / do / in the morning? \_\_\_\_\_

4. What /do / free time? \_\_\_\_\_

### B. Work in pairs. Interview your partner and take notes.

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### C. Introduce your partner to the class.

## LISTENING

A. In the chart below, check the things you do in your free time or when you relax.

	you	Helen	Chris
read a book			
visit friends			
go to a club			
watch TV			
learn a language			
play music			
go to the movies			
listen to the radio			
play sports			

B. Now, listen to Helen and Chris.  
Check the things they do in their free time.  
(They do not mention all the activities on the list).

C. Work in pairs. Check your answers.

Example: Helen reads books and ...

D. Listen and check.

E. You're going to hear Sam, who lives in Toronto, talking about a typical day in his life. Look at the things he does. Which ones do you always, usually or sometimes do? At what time do you do them? Which ones do you never do?

### Sam's typical day

1. ( ) He goes to a club.
2. ( ) He goes to a party.
3. ( ) He does some work.
4. ( ) He plays music.
5. ( ) He has breakfast.
6. ( ) He has lunch.
7. ( ) He goes to bed.
8. ( ) He has dinner at a restaurant.
9. ( ) He goes to a concert.
10. ( ) He meets friends.
11. ( ) He plays hockey.
12. ( ) He calls a friend.
13. ( ) He goes to work.
14. ( ) He goes to school.

F. Listen and check the things Sam does.

G. Work in pairs. What does Sam always, usually and sometimes do?  
Can you remember at what time he does these things? Write sentences.

## SPEAKING

A. Read the activities in the chart. Check the things you do. Add two more activities.

	You	Your partner		You	Your partner
get up early			have dinner with my family		
play sports			go to school by bus		
like English			have breakfast every day		
go to bed late			eat healthy food		
watch TV			use cell phone in class		
have a pet			play a musical instrument		

B. Interview your partner and check the things she/he does.

C. Write sentences in the chart below.

Things my partner DOES:

Things my partner DOESN'T do:

D. Work in groups. Talk about your partner.

## SPEAKING

A. Work in pairs and discuss.

1. Do you like to watch TV?
2. What's your favorite TV program?
3. How often do you watch cartoons?
4. Who's your favorite cartoon character?
5. What can you say to describe this character (name, age, nationality, physical description, personality, routine, lifestyle, etc.)?





## VOCABULARY

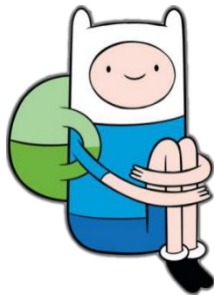
A. Match the characters and their descriptions. Write their names in the blanks.



MONICA



LISA



FINN



GUMBALL



BATMAN



NARUTO

1.  He lives in the Land of Oo. He likes to go on adventures with his best friend Jake. He always has his green backpack and a sword with him.
2.  He lives in a small house in the United States with his parents, his brother and his sister. He goes to school with them. He is not very popular.
3.  He is a young ninja from the village of Konohagakure. He wants to learn more about fighting and becoming a leader.
4.  She lives in Brazil. She always wears a red dress. She likes to play with her friends. She loves her stuffed blue rabbit and she gets really mad when the boys tease her.
5.  She is American. She lives in a big house with her brother, her sister, and her parents. She loves reading and studying.
6.  He is a superhero. He always wears black. He has a fast black car to help him save people.

B. Write about your favorite character.

Then, read it to the class and have them guess.

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## SPONGEBOB'S ROUTINE

A. Complete the SpongeBob's routine with the correct form of the verb in parenthesis.



Hi, friends, I'm Patrick and this is my friend SpongeBob. SpongeBob \_\_\_\_\_ (live) in a pineapple house under the sea. On weekdays, SpongeBob \_\_\_\_\_ (get) up at 8 am, \_\_\_\_\_ (do) the ironing, \_\_\_\_\_, (practice) physical exercises, \_\_\_\_\_ (brush) his teeth, \_\_\_\_\_ (take) a shower, \_\_\_\_\_ (have) breakfast with his pet Gary, \_\_\_\_\_ (get) dressed, and \_\_\_\_\_ (go) to work. He \_\_\_\_\_ (work) at Krusty Crab, \_\_\_\_\_ (fry) hamburgers and he \_\_\_\_\_ (like) his job very much. He \_\_\_\_\_ (start) work at 10 am. He \_\_\_\_\_ (finish) work at 8 pm. In his free time, SpongeBob and I \_\_\_\_\_ (catch) jellyfish and \_\_\_\_\_ (have) fun together, but he sometimes \_\_\_\_\_ (watch) TV, \_\_\_\_\_ (play) the guitar or \_\_\_\_\_ (practice) karate with our friend Sandy. Finally, he \_\_\_\_\_ (go) to bed at 10 pm.

B. Look at the pictures and complete the sentences with the correct form of the verbs from the box.

catch - fry - play - watch - work - practice



1. SpongeBob \_\_\_\_\_ TV.



2. SpongeBob and Squidward \_\_\_\_\_ at Krusty Crab.



3. Sandy \_\_\_\_\_ karate.



4. Squidward \_\_\_\_\_ the clarinet.



5. Patrick \_\_\_\_\_ jellyfishes.



6. SpongeBob \_\_\_\_\_ hamburgers.

