

1

Lesson 1

Listening



Health is Wealth

I will learn:

fitness, app, coach, stretch,
interesting, smart, rest, habit
Present simple tense



Before you listen

Name apps that help you keep fit



Listen and tick ✓ or ✗



1. Noura is using her iPad to play video games.
2. The fitness app helps Noura exercise.
3. Grandpa thinks using the iPad is not good for the eyes.



Listen again, then choose the correct answer from a, b, c or d

1. Noura uses the iPad for
 a. two hours b. one hour c. all day d. thirty minutes
2. Who said, "That sounds interesting"?
 a. Grandpa b. Noura c. Dad d. Mum
3. Noura after using the iPad.
 a. watches TV b. plays outside c. eats lunch d. sleeps early

Lesson 2

Grammar

I will learn:

cycling
Like/enjoy v. + ing
 Use the following verbs in meaningful sentences

like + v. + ing

playing	running
reading	swimming
drawing	shopping

Ex: I **like** drawing.

enjoy + v. + ing

walking	skipping
painting	hopping
doing	sitting

Ex: I **enjoy** walking.

 Read, look and answer

1. What do they like doing?


 They like cycling.


2. What does your uncle enjoy doing?

He enjoys painting.



Speaking

 Tell your partner what you like doing to keep fit

I like walking to keep fit.



running



doing judo



skipping



playing tennis

Lesson 3

Reading

I will learn:

spend, sharp, brain, wisely
Imperatives

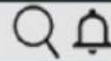
Read the following passage and choose the correct answer from a, b, c or d

23rd of MAY

Kuwait News



News



Mrs. Amal is talking about how to live a healthy lifestyle:
"Small healthy habits can make a big difference."



1) Eat healthy food

Start your day with a healthy breakfast like a cheese sandwich, fruit and a glass of milk. During the day, have healthy snacks and don't forget to drink enough water to stay hydrated. Don't drink fizzy drinks.

2) Spend less time on TV and video games

Don't play video games for too long. It is a waste of time. Spend less time on screens. Use your time wisely. Play with friends, go for a walk, or help your family.

3) Sleep early

Go to bed early. Wear your pajamas, brush your teeth and sleep well. It helps your body grow strong and your brain stay sharp!

1. The **best title** for the passage could be

- a. The Healthy Habits
- b. Video Games
- c. A Good Sleep
- d. A Healthy Meal

2. One thing that helps your brain stay sharp is

- a. watching TV
- b. playing video games
- c. drinking fizzy drinks
- d. sleeping well



Read again, then answer the following question

1. What should you do to live a healthy lifestyle?

Eat healthy food, spend less time on TV and video games, and sleep early.

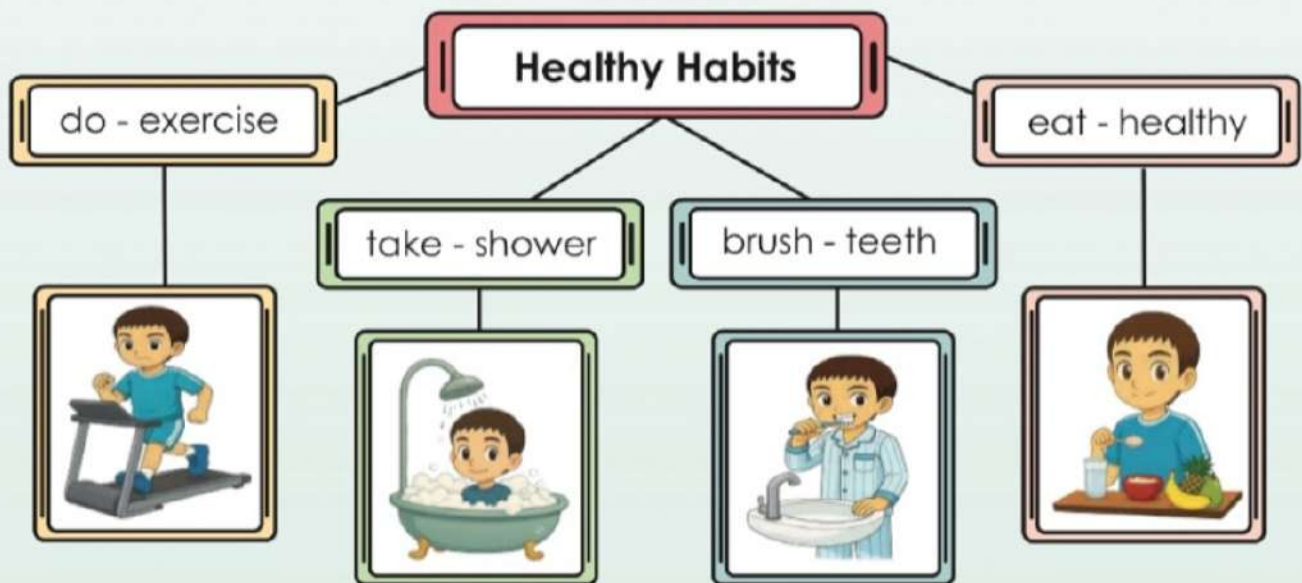
Writing

 Combine the following words

play + ing = Plying

swim + ing = Swimming

 Write a short paragraph about "Healthy Habits" with the help of the following pictures and guide words



Title: Healthy Habits

I like to do exercise every day. After exercise, I take a shower to stay clean. I always brush my teeth in the morning and before sleeping. I eat healthy food like fruits, vegetables, and milk. These healthy habits help me stay strong and happy.

Editing Checklist

Punctuation (Capitals – Full stop)

Spelling

Grammar

Lesson 5

Listening

I will learn:

walkathon, excited, get ready,
hydrated, warm up, stadium
Future with "going to"

2/8



Before you listen

What do people do at a stadium?



Listen and tick ✓ or ✗



1. Fahad is going to Jaber Al-Ahmad Stadium for the sports day. ☐
2. Hamad is not excited about the walkathon. ☐
3. Hamad is going to prepare his clothes the night before. ☐



Listen again, then choose the correct answer from a, b, c or d

1. Fahad wants to take a shower in the morning to feel

a. fresh

b. sleepy

c. tired

d. cold

2. Before the walkathon, Fahad and Hamad want to

a. sleep more

b. warm up

c. eat candy

d. play games

3. Fahad packed in his bag.

a. fruit

b. juice

c. water bottle

d. shoes

Lesson 6

Grammar

I will learn:

table tennis
Future with going to

3/8



Look and say

What are **you** going to do this **afternoon**?

I	+	am	+	going to play	+	 tomorrow next ... today in the evening
he/she/It	+	is	+	going to do judo	+	
you/they/It	+	are	+	going to eat	+	



Look, read and complete the sentences

1. Ali is going to **Ali is going to do judo.**



2. They are going to **They are going to play table tennis.**



Speaking



Look and say what you are going to do during the day

I am **going** to play football in the **afternoon**.



 Morning	
 Afternoon	
 Evening	

Lesson 7

Reading

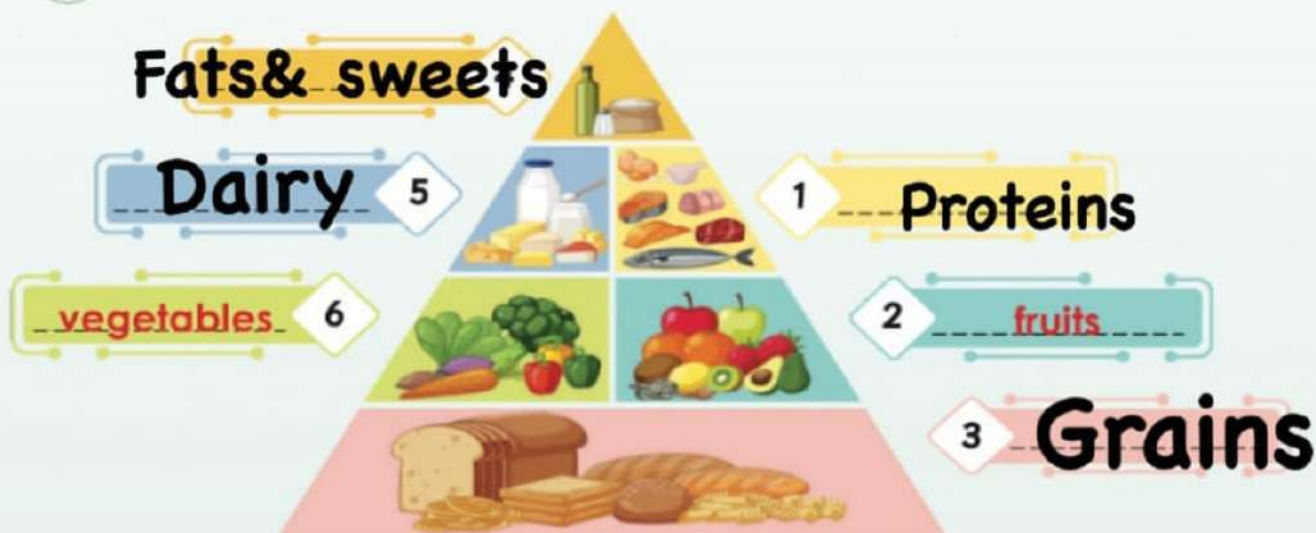
I will learn:

grain, energy, vitamin, protein, dairy, fats

4/8



Before you read, complete the food pyramid with your partners



Read the following passage and choose the correct answer from a, b, c or d

The food pyramid shows different food groups. Grains give you energy to work, play and think well. Fruits and vegetables give you lots of vitamins. They help you not to feel hungry and keep your body strong. Proteins like meat, eggs and dairy help your body grow. Fats and sweets are at the top of the pyramid. They taste delicious, but eating too much of them is unhealthy. Eating from all food groups is a smart choice to help your body and brain stay strong.

- The **best title** for the passage could be
 - Food Pyramid
 - Healthy Vitamins
 - Strong Body
 - Tasty Sweets
- The underline word **They** in line 5 refers to
 - grains group
 - fruits and vegetables group
 - proteins group
 - fats and sweets group



Read again, then answer the following question

- Why do people eat healthy food?

→ People eat healthy food to have energy, stay strong,
and keep their body and brain healthy.

Writing

5/8



Before you write

Which meal is healthy? Why?



Fill in the graphic organiser, then use it to write a paragraph about 'A Healthy Meal'. The following guide words may help you

food pyramid – get – energy – stay – hydrated – strong

What helps us make a healthy plate? The food pyramid helps us make a healthy plate.	Why do we need to drink water? We need to drink water to stay hydrated and healthy.
Why do we eat food from different groups? We eat food from different groups to get vitamins, protein, and energy.	How do you feel after eating a healthy meal? I feel strong and happy after eating a healthy meal.

A Healthy Meal

Title: **A Healthy Meal**

A healthy meal is very important for our body. The food pyramid helps us to choose the right food. We need to eat food from different groups to get energy, vitamins, and protein. Drinking water keeps us hydrated and fresh. After eating a healthy meal, I feel strong, active, and happy.

Editing Checklist

Punctuation (Capitals – Full stop)

Spelling

Grammar

Reading

VocabularyA) Choose the correct answer from a,b,c or d

1. Brushing your teeth every night is a good

a. habit

b. dairy

c. app

d. fitness

2. your free time reading a good book!

a. Rest

b. Spend

c. Stretch

d. Help

3. Reem is because she always gets full marks.

a. interesting

b. smart

c. sad

d. hydrated

4. We are going to the with my father next week.

a. brain

b. energy

c. karate

d. walkathon

Reading

A) Read the following passage, then choose the correct answer from a, b, c or d

Last holiday, Ali and his brother Khaled went to Jeddah with their family for five days. They travelled by plane. Jeddah is a big city with a beautiful beach. Ali and Khaled had a lovely time swimming and playing in the sand. The family enjoyed the sunshine. They also went fishing with their father and used a big net to catch fish. On the last day, they visited a big farm. It was a dairy farm. They learned how to make yoghurt and cheese. Ali and Khaled were very happy. They had a great holiday.



1. The **best title** for the passage could be

- a. Going Fishing b. Lovely Beach c. A Visit to Jeddah d. The Farm

2. The underlined word **lovely** in line 3 means

- a. great b. clean c. big d. sharp

3. The underlined word **It** in line 7 refers to

- a. sand b. net c. sunshine d. farm

4. The family stayed in Jeddah for

- a. three days b. five days c. seven days d. two days

B) Answer the following questions

1. When did the family go to Jeddah?

They went to Jeddah last holiday.

2. How did Ali and Khaled catch the fish?

They used a big net to catch the fish.

Writing

GrammarA) Choose the correct answer from a,b or c

1. I enjoy in the fresh air.

a. running

b. run

c. ran

2. Don't a lot of sweets! It's not healthy.

a. ate

b. eat

c. eating

3. Sara is going to to the gym tomorrow.

a. went

b. goes

c. go

4. I like It's my favourite exercise.

a. hopping

b. hop

c. hopped

SpellingA) Write the missing words to complete the sentences

1. There are many useful **apps** on my phone.

2. I always drink water to stay ... **hydrated**

B) Combine the following

1. draw + ing = **drawing**

2. skip + ing = **Skipping**

Progress Test

Writing

Fill in the graphic organiser, then use it to write a paragraph about your "Lifestyle". The following guide words may help you

gym – swim – play – two times – happy – relaxed

1. Where do you go to keep fit?

I go to the gym and the swimming pool.

2. What do you do there?

I swim and sometimes play games with my friends.

3. How many times do you go there?

I go there two times a week.



4. How do you feel when you go there?

I feel happy and relaxed.

Title ... ***My healthy lifestyle***

I go to the gym and the swimming pool to keep fit. I like to swim and sometimes I play games with my friends. I usually go there two times a week. When I go to the gym and the pool, I feel happy and relaxed. It helps me stay strong and enjoy my free time.