

Unit » 1

Enjoy Your Free Time!

Lesson 1 » What Do You Do in Your Free Time?

1. Look at the photos. Complete the activities with the words from the box.

fishing horse-riding movies woodwork beach



A

B

C

D

E

go to the _____

go to the _____

do _____

go _____

go _____

2. Complete the survey about you. Write a cross in the correct column.

How often do you...	Every day	Once a week	Twice a week	Once a month	Twice a month	Once a year	Never
go fishing?							
go to the movies?							
do chores?							
go to the beach?							
do exercise?							

3. Complete the paragraphs with the correct form of the verbs.

- My sister ¹ loves (love) reading novels. She ² _____ (read) a lot of books all the time. She can ³ _____ (read) one book in one week, or more! Next week she ⁴ _____ (go) join a book club in the neighbourhood.
- My family and I ⁵ _____ (enjoy) watching movies. We ⁶ _____ (go) to the cinema once a week. Tomorrow we ⁷ _____ (go) a new film club in the city called Lumiere. We ⁸ _____ (go) see Blue Velvet.
- My mother ⁹ _____ (like) painting. She ¹⁰ _____ (want) to be an artist now. She can ¹¹ _____ (paint) really well, so she ¹² _____ (go) join an arts club next month.

Lesson 2 » What Are Your Hobbies?

1. Complete the table with the words from the box.

fishing horse-riding
 playing basketball
 playing video games reading
 riding a bike swimming
 using the computer watching TV

Indoor activities	Outdoor activities
<i>using the computer</i>	

2. Look at Bernardo's planner. Use the prompts to write questions and answers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Visit grandma</i>	<i>Football practice</i>	<i>Going to cinema</i>	<i>Piano lesson</i>	<i>Board games with family</i>	<i>Fishing with dad</i>	<i>Do chores</i>

- Bernardo/play basketball/this week?
Is Bernardo going to play basketball this week?
No, he isn't
- Bernardo/visit his grandma/this week?
 _____?
- Bernardo and his dad/fishing/this week?
 _____?
- Bernardo/do outdoor activities/this week?
 _____?
- He and his friends/play board games/this week?
 _____?
- Bernardo/guitar lessons/this week?
 _____?



Lesson 3 » Playing Traditional Games

1. Read the descriptions of four traditional games. Match each name in the box to a description. There are two extra names you do not need.

hide-and-seek hopscotch jacks sack race spinning top tag

- In this game, one person runs after the other players to touch them. When this person touches another, he or she becomes the new person who runs after the others. *tag*
- People jump in some big bags from a starting point to a finish line. The first to arrive wins. _____
- Many people can play this game. One person covers his or her eyes and counts to a specific number. The rest of the people hide in different places. When the person finishes counting he or she starts looking for the rest of the players. _____
- First, one person needs to draw some squares on the floor with numbers 1 to 8. People take turns to throw a little stone in every square. Then, they hop, skipping the square with the pebble.



2. Think of a different game and complete the table.

Name of game:	
Number of players:	
What you need to play it:	
How to play it:	
Benefits:	

3. Write a description of the game. Use the information from the table.

The name of this game is _____.

_____ people can play this game.

For this game, we need _____.

To play this game you _____.

The benefits are _____.

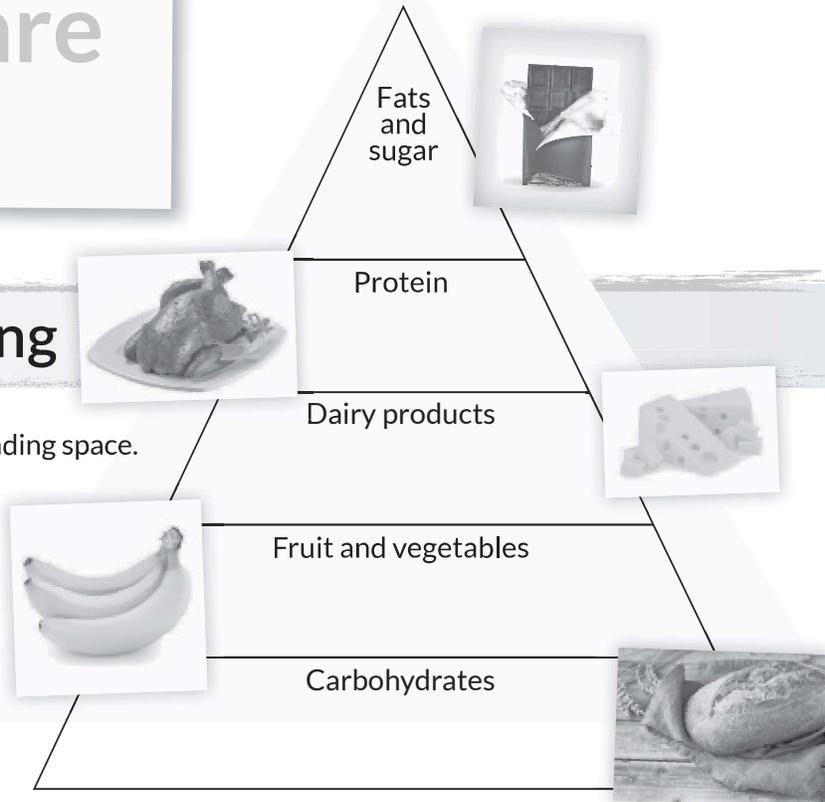
Unit »2

I Can Take Care of My Body

Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

apples bananas beans bread
broccoli carrots cheese chicken
eggs fish meat milk oil onions
oranges pasta potatoes rice
spinach sweets yogurt



2. Read the text and answer the questions.

The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

1. Can you reduce illnesses eating fruit and vegetables? Yes, you can .
2. Can carbohydrates help your digestion? _____ .
3. Does calcium help to produce strong bones and teeth? _____ .
4. Is iron bad for your brain? _____ .
5. Are all oils bad for your body? _____ .
6. Are sweets good for your health? _____ .

Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- | | | |
|--------------------------|-------|------------------------------|
| 1. Cleaning the house | _____ | A. makes you ill. |
| 2. Doing exercise | _____ | B. prevents allergies. |
| 3. Eating unhealthy food | _____ | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise _____.
- Eating unhealthy food _____.
- Being outdoors _____.
- Being indoors _____.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete baseball basketball cycling football swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You _____.
- I can jump very high. _____.
- I can't be underwater. _____.
- I can throw the ball very far. _____.
- I can't control the ball with my feet. _____.

4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
	<i>sing</i>

- I can't sing well, but I want to take singing lessons.
- I can _____.
- I can't _____.
- I _____.
- _____.
- _____.