

**4TH CLASS**

# Food Guidelines

For good health, eat a lot of grains, vegetables, and fruit. Eat some dairy, meat, and other protein. Eat a little fat and oils.





beef jerky



grapes



corn chips



watermelon



ice cream



cake



potato chips



candy



hot dogs



cookies



popcorn



pizza



pineapple



peanuts



chocolates



almonds

# WHAT FOODS DO YOU LIKE?

# WHAT FOODS DON'T YOU LIKE?

1. Make a list.

|               |                     |
|---------------|---------------------|
| <u>I like</u> | <u>I don't like</u> |
| rice          | fish                |
| noodles       | cheese              |
| oranges       | carrots             |

2. Write two sentences with that information.

A:

- I like rice, noodles, and oranges.
- I don't like fish, cheese, and carrots.

Complete the conversations with *some* or *any*.

1. A: What do you want for lunch?

B: Let's make .....*some*..... sandwiches.

A: Good idea! Do we have ..... bread?

B: I think there's ..... in the refrigerator. Let me see. . . . No, I don't see .....

A: Well, let's go to the store. We need ..... milk, too. And do we have ..... cheese?

B: Yes, we do. There's ..... cheese here, and there are ..... tomatoes, too.

A: Do we have ..... mayonnaise? I love ..... mayonnaise on my sandwiches.

B: Me, too. But there isn't ..... here. Let's buy .....

2. A: Let's make a big breakfast tomorrow morning.

B: OK. What do we need? Are there ..... eggs?

A: There are ....., but I think we need to buy ..... more.

B: OK. And let's get ..... yogurt, too. We don't have ....., and I love yogurt for breakfast.

A: Me, too. Do you see ..... bread in the refrigerator?

B: Yes, there's ..... in the refrigerator.

A: Great! So we don't need to buy ..... at the store.

B: That's right. Just eggs and yogurt!

## Complete the conversations with some or any.

1. A: What do you want for dinner?  
B: Let's make some pasta with tomato sauce.  
A: Good idea. Do we have \_\_\_\_\_ meat?  
B: Well, we have \_\_\_\_\_ beef, but I don't want \_\_\_\_\_ meat in the sauce. Let's get \_\_\_\_\_ tomatoes and onions.  
A: OK. Do we need \_\_\_\_\_ green peppers for the sauce?  
B: Yes, let's get \_\_\_\_\_ peppers. Oh, and \_\_\_\_\_ garlic, too.  
A: Great. We have \_\_\_\_\_ spaghetti, so we don't need \_\_\_\_\_ pasta.  
B: Yeah, but let's get \_\_\_\_\_ bread. And \_\_\_\_\_ cheese, too.



2. A: What do you eat for breakfast?

B: Well, first, I have fruit – \_\_\_\_\_ grapes  
or strawberries.

A: That sounds good. Do you have \_\_\_\_\_  
eggs or meat?

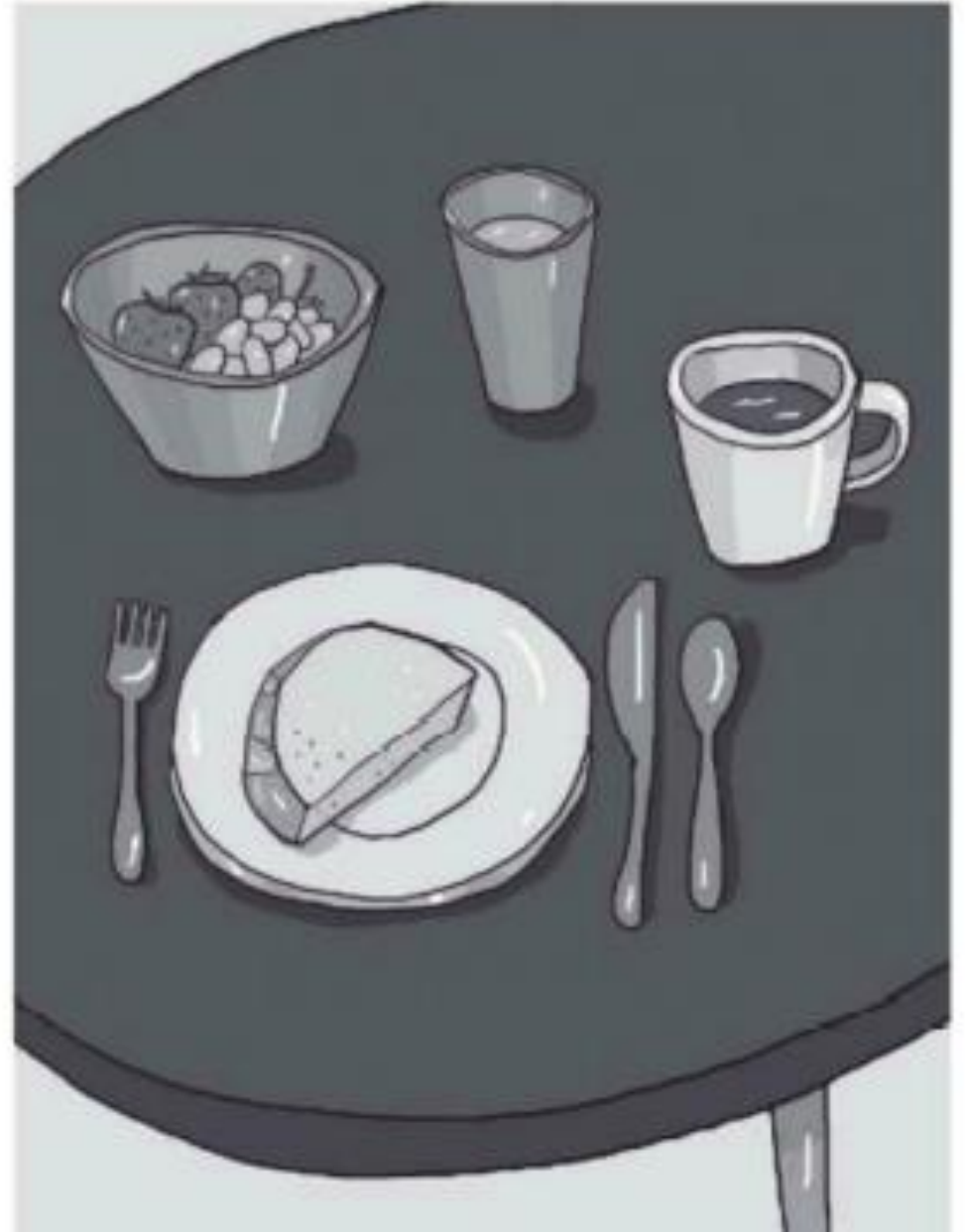
B: No, I don't eat \_\_\_\_\_ eggs or meat  
in the morning.

A: Really? Do you have anything else?

B: Well, I usually have \_\_\_\_\_ bread,  
but I don't put \_\_\_\_\_ butter on it.

A: Do you drink anything in the morning?

B: I always have \_\_\_\_\_ juice and coffee.  
I don't put \_\_\_\_\_ sugar in my coffee,  
but I like \_\_\_\_\_ milk in it.





# ADVERBS OF FREQUENCY

FEEDBACK



# UNSCRAMBLE THE SENTENCES

1. I / have breakfast / on / never / weekends
2. work / I / snacks / eat / at / hardly ever
3. eat / for / pasta / dinner / sometimes / I
4. have / I / dinner / with / often / family / my

*I never have breakfast on weekends.*

.....

.....

.....

.....



**A** Put the adverbs in the correct places.

1. Brazilians make drinks with fruit. (often)

Brazilians often make drinks with fruit.

2. Some people in Mexico eat pasta. (never)

\_\_\_\_\_

3. In China, people put sugar in their tea. (hardly ever)

\_\_\_\_\_

4. In England, people put milk in their tea. (usually)

\_\_\_\_\_

5. In Japan, people have fish for breakfast. (sometimes)

\_\_\_\_\_

6. Americans put cream in their coffee. (often)

\_\_\_\_\_

7. In Canada, people have salad for breakfast. (hardly ever)

\_\_\_\_\_

8. Some people in South Korea eat pickled vegetables for breakfast. (always)

\_\_\_\_\_





# WH-QUESTION WORDS

FEEDBACK

# WH- QUESTIONS

**WHO**

PEOPLE



¿QUIÉN?

**WHAT**

THING OR  
ACTION



¿QUÉ?

**WHEN**

TIME



¿CUÁNDO?

**WHERE**

PLACE



¿DÓNDE?

**WHY**

REASON



¿POR QUÉ?

**HOW**

WAY  
SOMETHING IS  
DONE



¿CÓMO?

# COMPLETE THE CONVERSATION WITH THE CORRECT WH-QUESTION WORDS.

1. A: I watch sports on TV every weekend.  
B: Really? ..... *What sports* ..... do you like to watch?  
A: Soccer. It's my favorite!  
B: ..... do you usually watch soccer?  
A: On Sunday afternoons.  
B: And ..... do you usually watch it?  
At home?  
A: No, at my friend's house. He has a really big TV!

2. A: ..... do you go bike riding?  
B: Oh, about once a month.  
A: I love to go bike riding. I go every Saturday.  
B: Really? ..... do you go?  
A: Usually at about one o'clock.  
B: Oh, yeah? ..... do you usually go with?  
A: My sister. Come with us next time!





**SPORTS**

# English Words for Sports



**Soccer /  
Football**



**Golf**



**Swimming**



**Karate**



**Basketball**



**Boxing**



**Tennis**



**Baseball**



**Table Tennis**



**Badminton**



**Horse-riding**



**Skateboarding**



**Bike racing**



**Ice-Skating**



**Roller-  
Blading**



**Ice-  
Hockey**

# PLAY, DO or GO?

PLAY

It is used with **ball sports** and **competitive games** where you **play against another person**.

It means to **take part in a game** which is played **with rules**.

DO

It is used for **recreational activities** and a **non team sport**. You **don't use a ball**.




GO

It is often used with activities that **end in -ing**. You **go somewhere to do something**.



## EXERCISE & SPORTS: 'Do' / 'Go' / 'Play'

- How can you talk about different kinds of exercise and sports? Study the reference chart below.

| DO  | GO   | PLAY   |
|---|--|--|
| <ul style="list-style-type: none"><li>• do aerobics</li><li>• do exercise</li><li>• do push-ups</li><li>• do sit-ups</li><li>• do yoga</li><li>• do a warm-up</li></ul>  |  <ul style="list-style-type: none"><li>• go bowling</li><li>• go camping</li><li>• go cycling</li><li>• go dancing</li><li>• go fishing</li><li>• go golfing</li><li>• go hiking</li><li>• go ice-skating</li><li>• go roller-skating</li><li>• go running</li><li>• go scuba diving</li><li>• go snow boarding</li><li>• go surfing</li><li>• go swimming</li></ul> | <ul style="list-style-type: none"><li>• play badminton</li><li>• play baseball</li><li>• play basketball</li><li>• play football</li><li>• play hockey</li><li>• play ping pong</li><li>• play soccer</li><li>• play squash</li><li>• play tennis</li><li>• play volleyball</li></ul>  |

NOTE 1: *do* is generally used for different kinds of exercises to strengthen your body.

NOTE 2: *go* is generally used for activities that you can do alone or with others.

NOTE 3: *play* is generally used for competitive team sports.

### COMMON MISTAKES:

You **DO** a sport not **MAKE** a sport.

You **DO** exercise not **MAKE** exercise.

You **PLAY** games not **MAKE** games.

You have/play a game of cards not **MAKE** a game

You **DO** activities not **MAKE** activities.