

Daily Meals and Habits

Written by Mary White

Photos taken by Ken Jones and Tom Li



Happy Press

Let's get slim now.
Are you ready to
keep fit?

Write the correct letters in the boxes for Question 1 and 2.

1. Who is the writer of this book?

- A. Ken Jones
- B. Mary White
- C. Tom Li
- D. Happy Press



2. The word 'slim' means _____?

- A. not sick
- B. very fat
- C. not fat
- D. tall

Circle the correct picture.

3. What should Judy eat to keep fit?



Put a tick '✓' or a cross 'X' in the brackets.

- 4. Only Tom Li takes photos for the book. ()
- 5. The book title is *Daily Meals and Habits*. ()
- 6. Happy Press is the publisher of the book. ()

To:	dorisau@crmail.com.hk
From:	benau@crmail.com.hk
Date:	14/5/20XX
Subject:	Staying in Canada

Hi Doris,

How are you? I miss you, Mum and Dad. I really enjoy staying in Canada. I am getting very busy. I joined the Drama Club. There are training lessons every Tuesday and Friday. I am in the Basketball Team too. I practise basketball on Mondays and Thursdays. I also teach young children Maths in a kindergarten every Sunday morning. Doing different things is great!

Hope to hear from you soon.

Love,
Ben

Write the correct letters in the boxes for Question 1 and 2.

1. Who is the sender of the e-mail?

- A. Mum
- B. Dad
- C. Ben
- D. Doris

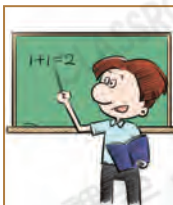


2. Ben is a _____? _____ bee. He has a lot to do every week.

- A. busy
- B. happy
- C. lovely
- D. great

Circle the correct picture.

3. Which one is Ben?



Complete the table.

4. What does Ben do?

MON & THUR	_____
	practice

What does Jack do every week in this month?

Activities (March)	Wed Visit Hong Kong Park
Sun Visit Grandma in Tai Po	Thur Study with the English tutor
Mon Meet Tom and Ann for the General Studies project	Fri Play football at Mong Kok Stadium
Tue Have football practice	Sat Have a violin lesson

Write the correct letter in the box.

Circle the correct picture.

1. Which kind of sport does Jack play?

- A. baseball
- B. cycling
- C. football
- D. running

2. Where is Jack on Friday?



Complete the answer.

3. When does Jack visit Grandma?
He visits Grandma on _____.

Match the days with the pictures.

4. Sun



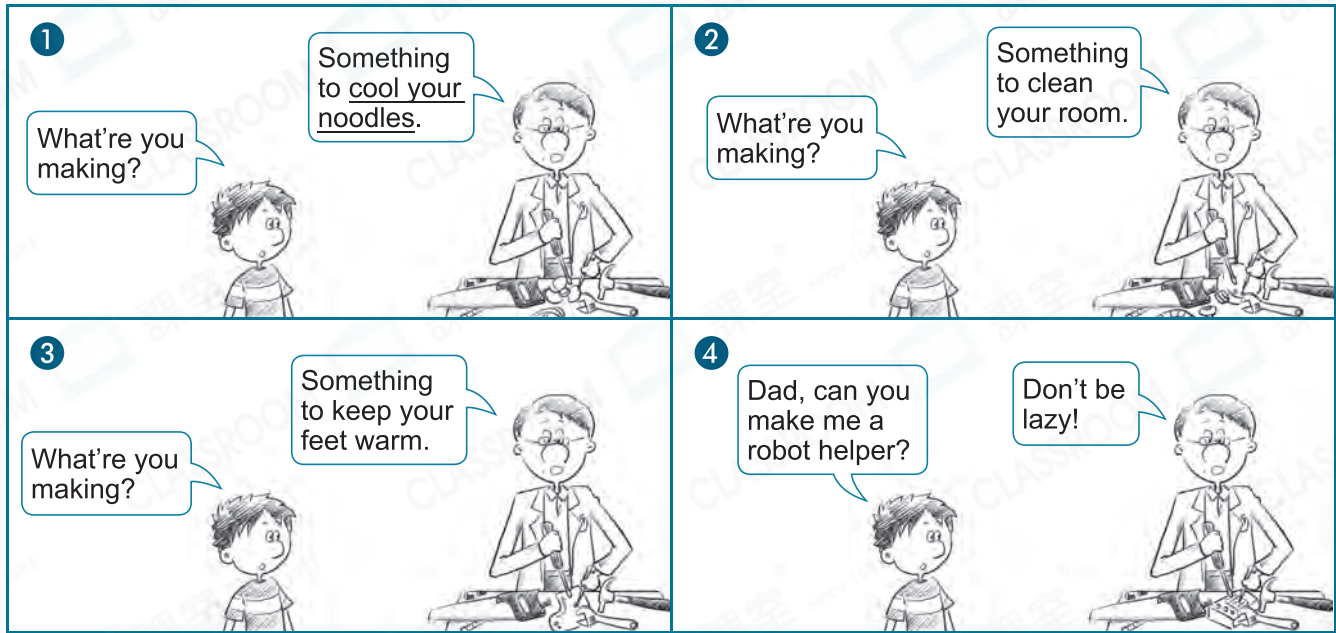
5. Thur



6. Sat



Mr Chan can make a lot of things.



Write the correct letters in the boxes for Question 1 and 2.

1. Mr Chan is making things for _____.

- A. his student
- B. his teacher
- C. his father
- D. his son



2. 'Something to cool your noodles' means to _____.

- A. cook the noodles
- B. make the noodles not so hot
- C. cut the noodles
- D. make the noodles tasty

Match the picture numbers with the things Mr Chan is making.

3. Picture 1



4. Picture 2



5. Picture 3



Complete the answer.

6. What does the boy want?

He wants _____.

In the Morning

At a quarter to eight
 Benny and I brush our teeth in a hurry
 Class begins in thirty minutes
 'Don't be late again!' Mum says.
 'Eat your breakfast quickly. It brings you energy!'

Write the correct letters in the boxes for Question 1 and 2.

1. When does the class begin?

- A. at 7:45 am
- B. at 8:00 am
- C. at 8:15 am
- D. at 8:30 am



2. Breakfast gives Benny and the writer _____? _____ to do things.

- A. power
- B. money
- C. time
- D. bread

Answer the question in a complete sentence.

3. Who is going to be late for school?

Put the pictures in the correct order. Write numbers 1 to 3 in the boxes.

4. What do Benny and the writer do in the morning?









Bank of Vocabulary

Daily Life



Think Smart



Word Fun



Days of the week

Daily Life

Time

Activities

A. Write the days of the week.

Date	Days of the Week
6 th January	1.
7 th January	Tuesday
8 th January	2.
9 th January	3.
10 th January	Friday

B. Write the time.

1.



2.



3.





Visit our Online World for more vocabulary.



Write Smart

C. Fill in the blanks with the words from Word Box.

Every Saturday, Amy 1. _____ wakes _____ up at nine o'clock in the morning. She 2. _____ her face, 3. _____ her teeth and 4. _____ breakfast. Then she 5. _____ to the Brownies meeting until four thirty.

WORD BOX

- brush
- go
- have
- wake
- wash