

## Part 1 In-depth Reading



Suggested reading time: 10 mins

Kaka is reading a magazine article.

October Issue

Issue

Healthy Kids Monthly

Name of the magazine

### Eat Well to Stay Healthy

Diana Lee

Author

**How often** do you eat broccoli? What should you eat for lunch? With the help of the food pyramid, we can know more about healthy eating!



The food pyramid

**Title**

- Catchy
- Related to real life

**Introduction**

Briefly tell readers about the topic

**Diagram(s) / Picture(s)**

- Attract readers
- Help explain difficult ideas

**Body**

Write the main ideas and supporting details based on REAL facts

**Conclusion**

- Conclude the article
- Call for action

We **need to eat** the right proportions of different food in order to stay healthy. A diagram called 'the food pyramid' shows what we should eat every day. According to the pyramid, **grain products** like bread and noodles give us energy. We should eat them in every meal.

**How often** do you eat **vegetables and fruit** such as lettuce and bananas? In fact, **vegetables and fruit** are rich in **vitamins** and **minerals** so we **need to eat** each of them at least **twice a day!**

**Dairy products** such as milk and cheese contain **a lot of calcium**. They can make our bones and teeth strong. **Meat and fish** are also good for us because they contain **a lot of protein**. They can help us build muscles and repair body cells.

**Fatty and sugary snacks** like ice cream and fries are high in **fat**, salt and **sugar**. It is fine to have **a few** of them **once a month**, but it is not a good idea to eat them every day!

Follow the food pyramid to have a balanced diet from now on!

## ABC Choose the Best Answers

- This magazine article is about \_\_\_\_\_. **Title + Introduction**
  - A. healthy eating
  - B. doing exercises
  - C. different types of nutrients
  - D. a pyramid in Egypt
- What is the name of this magazine? **Name of the magazine**
  - A. *Diana Lee*
  - B. *October Issue*
  - C. *Healthy Kids Monthly*
  - D. *Eat Well to Stay Healthy*
- Kaka can read the magazine article in \_\_\_\_\_. **Issue**
  - A. June
  - B. August
  - C. September
  - D. October

## ? Fill in the Blanks

- Why is there a picture on this page of the magazine? **Diagram(s) / Picture(s)**  
Because it can \_\_\_\_\_ readers and \_\_\_\_\_ difficult ideas.
- The noun ' \_\_\_\_\_ ' in the magazine article means 'a simple plan drawn to explain how things work'. **Word choice**

## 🔍 Know More about the Structure

Fill in the blanks with the correct words from the magazine article. Then write the correct numbers to match the content to the correct paragraphs.

Paragraphs	Types of food	Why are they good / bad?	Examples
_____	Fatty and sugary snacks	→ _____ in fat, salt and sugar	fries
4	Dairy products	→ make our _____ and teeth strong	cheese
	Meat and fish	→ contain a lot of protein	pork
3	Vegetables and fruit	→ rich in _____ and minerals	lettuce, bananas
_____	Grain products	→ give us _____	noodles

## Part 2 Fun Text Grammar



Suggested finishing time: 10 mins



### Magic Grammar Points

- a** We use 'a lot of' to refer to a large amount of things. We use 'a few' and 'a little' to refer to a small amount of things.

countable nouns		uncountable nouns	
a lot of / a few	apples vegetables	a lot of / a little	water meat



Do NOT omit 'a' in 'a few' and 'a little' while talking about a certain amount of things people have.

- Ex.** Look at the picture and fill in the blanks with 'a lot of', 'a few' and 'a little'.

10<sup>th</sup> November

Sunny

Today, I ate ① \_\_\_\_\_ noodles,  
② \_\_\_\_\_ bok choy and ③ \_\_\_\_\_  
chicken wings for lunch. I also drank ④ \_\_\_\_\_  
kiwi juice and ate ⑤ \_\_\_\_\_ ice-cream. I was very full!



- b** We use 'How often' and **adverbial phrases** to show and tell frequency.

How often	do you visit the library?
I visit the library	once / twice / three times a week.

- Ex.** Complete the conversation with the adverbial phrases and words given. Write the numbers in words.



: How often 1. \_\_\_\_\_ (eat / fast food)?



: I 2. \_\_\_\_\_ (x1 / month).



: 3. \_\_\_\_\_  
(Mum / have / vegetarian meals)



: 4. \_\_\_\_\_ (x3 / week)

## Practical Sentence Patterns

We can use '(Somebody) **need(s) to** + **verb**' to give advice or tell people what they have to do.

e.g. Joe is sick. He **needs to take** more rest.

**Ex.** Smartie is giving advice to his friends. Rearrange the words in brackets. Complete what he says with 'need(s) to' and the words given.



Eddie is often late for school. He 1. \_\_\_\_\_  
 \_\_\_\_\_ (alarm clock /  
 set / an). Chloe has a toothache. She 2. \_\_\_\_\_  
 \_\_\_\_\_ (candies / eating /  
 stop). Fifi tripped and fell over today. He 3. \_\_\_\_\_  
 \_\_\_\_\_ (careful / be)  
 when he walks.

## Amazing Vocabulary

**Ex.** Write the correct letters in the circles to match the types of food with the pictures.

- A. dairy products      B. grain products      C. vegetables and fruit  
 D. fatty and sugary snacks      E. meat and fish



1. contain a lot of calcium



2. high in fat



3. rich in minerals and vitamins



4. give us energy



5. rich in protein

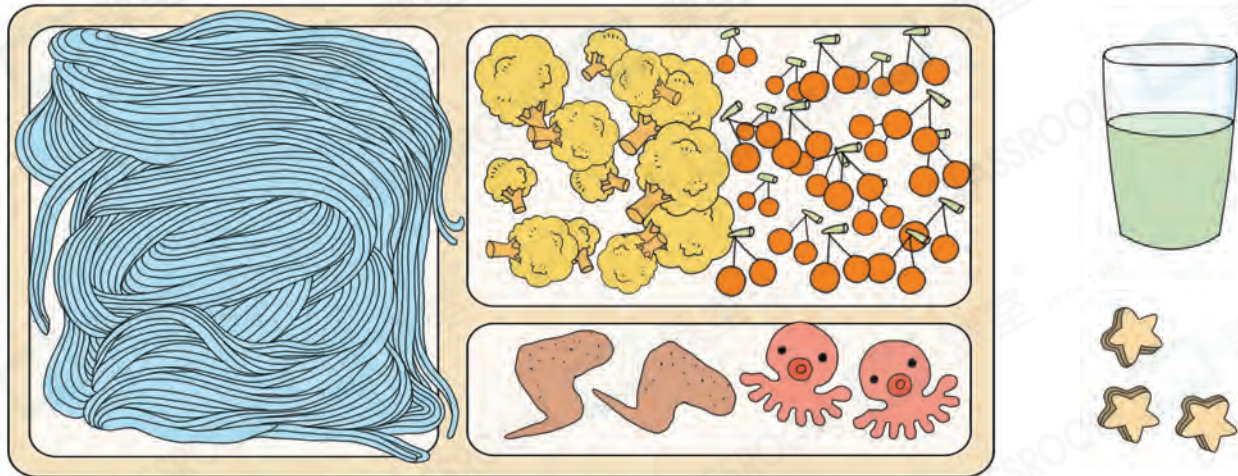


# Part 3 Getting to Write

 Suggested finishing time: 15 mins

## Brain Boost

Kaka wants to write a magazine article about a balanced lunch. Take a look at his ideal box lunch and help him complete the fact sheet below.



a few	snacks	vitamins	vegetables
a little	dairy	spaghetti	protein

Fact sheet		
Types of food	Amounts of the food items	Why are they good / bad?
grain products	a lot of blue 1. _____	give monsters energy
2. _____ and fruit	a lot of yellow broccoli, orange cherries	3. _____ rich in and minerals
4. _____ products	some green soya milk	rich in calcium
meat and fish	5. _____ frog's legs, octopuses	contain 6. _____
7. _____ sugary	a few star candies	high in sugar and fat



## Let's Practise

Kaka is now writing a magazine article for *Monsters' Monthly*. Complete the magazine article below with the help of the fact sheet.

November Issue

*Monsters' Monthly* 2-3

### A Balanced Lunch for Schoolbag Monsters

Kaka

1 \_\_\_\_\_ do you eat out at lunchtime?

2 \_\_\_\_\_ a week or 3 \_\_\_\_\_ a month?

Let's find out what schoolbag monsters should eat for a balanced lunch!

We 4 \_\_\_\_\_ the right proportions of food into our lunchboxes.

According to Monsters' Health Department,

we should eat 5 \_\_\_\_\_ like purple rice and blue spaghetti. We need to eat them in every meal because they give us energy!



6 \_\_\_\_\_ like yellow broccoli and orange cherries are rich in vitamins and 7 \_\_\_\_\_ so we 8 \_\_\_\_\_ every day!

Besides, dairy products such as green soya milk are rich in

9 \_\_\_\_\_ and can keep our teeth sharp and strong!

10 \_\_\_\_\_ do you eat meat? Some monsters may wish to have meat 11 \_\_\_\_\_ a day, but remember meat can also make monsters gain weight. We should only eat 12 \_\_\_\_\_ meat or fish in every meal.

Sugary snacks like star candies are high in fat and sugar, so we should only eat them 13 \_\_\_\_\_ a week!

Let's start packing healthy monster 14 \_\_\_\_\_ from now on!

Fill in each blank with one word to show frequency.

4, 8  
Include 'need' in your answers. Use the correct form of 'pack' and 'eat'.

5  
Give advice on the amount and type of food.

11  
Fill in two words to refer to '5 meals'.

13  
Write a word. It means 'one time'.

14  
Which phrase do you fill in to conclude the article, 'schoolbags' or 'box lunches'?