



Learning Focus

- Reading** Skimming for gist
- Grammar** Modal Verb – ought to + Determiners – a lot of / a few / a little / fewer / less / more / too much / too many
- Writing** Describing facts and imaginative ideas
- Speaking** Giving a presentation based on a piece of text



Reading



Extended Reading

Reading

- A** Mandy is reading a brochure about healthy eating. Read the brochure. For Questions 1-3, choose the best answers. Then fill in the blanks for Questions 4-5.

Be a Wise Foodie

Every time before you eat, try to think not only whether the food is tasty but also if your meal is well-balanced. A bad choice of what you eat can result in serious health problems. Follow the tips below to eat wisely!



5



Switch to wholegrain food

- ✓ Wholegrain food is fibre-rich.
- ✓ Check the food wrappers and look for whole grains.
- ✓ Try to have oatmeal for breakfast, eat brown rice for lunch and dinner and choose wholegrain crackers as snacks.

10

Make half of your plate fruit and vegetables

- ✓ Fruit and vegetables are nutritious. They are also low in fat and calories.
- ✓ Eat red, orange and dark green vegetables such as tomatoes, carrots and broccoli.



15

Choose skimmed milk

- ✓ It has the same amount of calcium as whole milk, but less fat.

Vary your protein choices

- ✓ Make seafood the protein on your plate twice a week.

20

- According to the text, which of the following is TRUE?
 - A. We should eat fruit and vegetables only.
 - B. We can look at the food packages to find wholegrain food.
 - C. Oatmeal contains a small amount of dietary fibre.
 - D. Skimmed milk does not contain any fat.
- Mandy wants to start a healthy diet. Which dish should she choose?

 A. B. C. D.

- Which high-protein food should we eat twice a week?
 - A. eggs
 - B. dark green vegetables
 - C. skimmed milk
 - D. seafood
- The word ‘_____’ in the brochure means ‘rich in vitamins, minerals and other useful substances for the body’.

STEAM

- Scan the QR code and read the web page. Fill in the blanks with the words from the web page.

To eat healthily, we should follow the ‘One More Three Less’ eating guidelines. It suggests we should have more (a) _____, less (b) _____, (c) _____ and (d) _____ at each meal. To improve our health, we should also follow the (e) _____ to get enough essential nutrients we need from the five core food groups and drink (f) _____ glasses of water every day.

B Nancy wants to make some food for a party. She is reading a recipe. Read the recipe. For Questions 1-4, choose the best answers.

Blueberry Oat Squares

INGREDIENTS (3 servings):

- 1½ cups of regular oats
- ½ cup of wholewheat flour
- ½ teaspoon of baking soda
- ½ cup of fresh blueberries
- 1 egg
- 1 cup of skimmed milk
- 6 tablespoons of coconut oil
- ¼ cup of honey

STEPS:

- Preheat the oven to 180 °C.
- Spray the baking pan with cooking spray.
- Put all the ingredients in a large bowl and mix well.
- Pour the mixture into the baking pan and bake for 30 minutes.
- Allow it to cool for 10 minutes before cutting it into squares.



Preparation and cooking time: 50 mins

- The recipe teaches people how to make a _____.
 A. main course B. healthy drink
 C. sweet snack D. Chinese dessert
- Nancy does not need _____ to make the squares.
 A. wholewheat flour B. whole milk
 C. coconut oil D. baking soda
- A total of 15 people will attend the party. How many eggs does Nancy need?
 A. 3 B. 4 C. 5 D. 6
- The party is at 2 pm. What time does Nancy need to start cooking?
 A. 1:10 pm B. 1:20 pm C. 1:45 pm D. 2:15 pm



Skim through the ingredient list quickly for the answer.

C Mandy is interviewing a doctor about healthy eating. Read the interview. For Questions 1-2, choose the best answers. Then answer Question 3 in a complete sentence.

Mandy : Hello, Dr Li. Can you share some tips on healthy eating with us?

Dr Li : Sure. Hong Kong people are busy with their work and studies so they often order takeaways, buy canned food and eat fast food for convenience. First, get out of these bad habits. Cooking meals with fresh ingredients at home can also be simple and quick.

Mandy : Indeed. What kind of food is good for our health?

Dr Li : Fresh fruit and vegetables. They are rich in nutrients and fibre. Don't forget to have some dairy products and seafood as well. They can provide you with protein that gives you energy.

Mandy : How about fat? Is it always unhealthy?

Dr Li : Not all kinds of fats are unhealthy. Diets high in saturated fats and trans fats are more likely to cause heart disease. Unsaturated fats, however, are good for our health. They can help lower blood pressure. Avocados, nuts and olives are good sources of unsaturated fats.

Mandy : These are very useful reminders. Thank you so much, Dr Li.

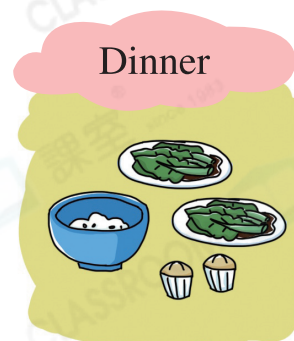
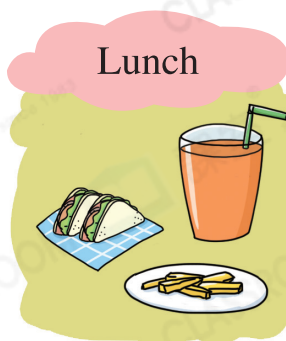
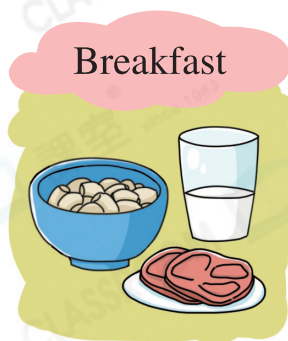
- Dr Li thinks that _____.
 - A. Hong Kong people enjoy eating takeaway food
 - B. Hong Kong people have no time to eat
 - C. Hong Kong people should prepare freshly-made food at home more often
 - D. Hong Kong people like working and studying more than eating
- According to Dr Li, which of the following food is healthy?
 - A. canned pineapple slices
 - B. peanut butter
 - C. fish and chips
 - D. unsalted almonds
- Why are unsaturated fats good for our health?



Only pay attention to the part about fats.

Grammar

A Mandy is talking about her meals today. Look at the pictures. Complete what she says with 'a lot of', 'a few' or 'a little'.



Today, I had 1. _____ macaroni, 2. _____ pieces of ham and 3. _____ milk for breakfast. At lunch, I ate 4. _____ sandwiches and 5. _____ fries. I also drank 6. _____ juice. At night, I had 7. _____ rice, 8. _____ vegetables and 9. _____ cupcakes for dinner.



B Nancy is listening to a radio programme about healthy eating habits. Circle the correct answers.

1. Drinking cola in summer is really refreshing but we need to drink **more / fewer / less** cola because it contains too much sugar.
2. We can drink **more / fewer / less** lemon water instead because lemons are rich in vitamin C, which is good for our immune system.
3. We should eat **more / fewer / less** strawberries because they contain fibre and many different types of vitamins.
4. We should eat **more / fewer / less** midnight snacks. Otherwise, we will gain weight easily.
5. We should eat **more / fewer / less** fast food because it is very oily.

C Nancy is reading some posts on an online forum. Complete the posts with 'too many', 'too much', 'ought to' or 'ought not to'.

http://www.we-are-what-we-eat.com/discuss

Eat Well for Good Health Discussion Forum

Some quick and healthy diet ideas

By: Stella Au

Posted at: 6:09 pm, 18th April

I think I ate 1. _____ oily food this month. I have put on weight quickly. Are there any tips on healthy diets?

By: Raymond Chan

Posted at: 10:07 pm, 18th April

I think the cooking method is important. You 2. _____ have more steamed and boiled food. Having 3. _____ deep-fried chicken wings and other oily food will increase your fat intake.

By: Peggy Siu

Posted at: 10:25 pm, 18th April

I agree with Raymond. Also, if you want to snack between meals, you 4. _____ choose healthier snacks such as almonds and dried fruit. However, you 5. _____ replace meals with snacks because you may not get enough nutrients by eating only snacks. You 6. _____ have some yogurt too. It helps with digestion a lot.

By: Louisa Choi

Posted at: 8:03 am, 19th April

You 7. _____ eat deep-fried food. You 8. _____ eat fresh vegetables in different colours. Spinach, tomatoes and carrots are all very good choices.



By: Ronald Man

Posted at: 9:23 am, 19th April

There's one more reminder. You 9. _____ have dinner too late at night. Having 10. _____ food before bed is not good for digestion.



We never change the form of 'ought to'.

-  She ~~oughts~~ to cover her mouth when she coughs.
-  She ought to cover her mouth when she coughs.

D Mandy is reading a blog about the eating habits of the Japanese. Complete the blog entry with the given words.

a little a lot of fewer more
too many too much

ought to
ought not to

http://www.coolblog.com.hk/lindasmith

Linda Smith's Health Tips

LEARN FROM THE JAPANESE

Monday, 10 July 20XX, 5:48 pm



Dr Linda Smith

Previous posts

- [YOU ARE WHAT YOU EAT](#)
- [IS MILK REALLY HEALTHY?](#)
- [ALL ABOUT ME](#)

1. _____ Japanese people are healthier and live longer than the rest of us. Let's find out how we can live healthily like them.

First, like the Japanese, we 2. _____ eat

3. _____ fish than red meat. It is because fish is an excellent source of protein.

Second, we 4. _____ drink cola too often.

We mustn't drink 5. _____ soft drinks to avoid taking 6. _____ sugar. Instead of cola, Japanese people like drinking green tea. It is a healthy sugar-free drink. Only 7. _____ green tea after meals daily can already make a difference. Reports show that people who drink green tea tend to have



8. _____ diseases.

Therefore, to stay healthy, we

9. _____ start with our diets. Eat right, eat smart.

Writing

A Mandy had a dream last night. She is writing in her diary about her dream. Help Mandy complete her diary entry with the help of the pictures.



Useful words for this exercise:
a few / a lot of / more / too many / ought to / ought not to



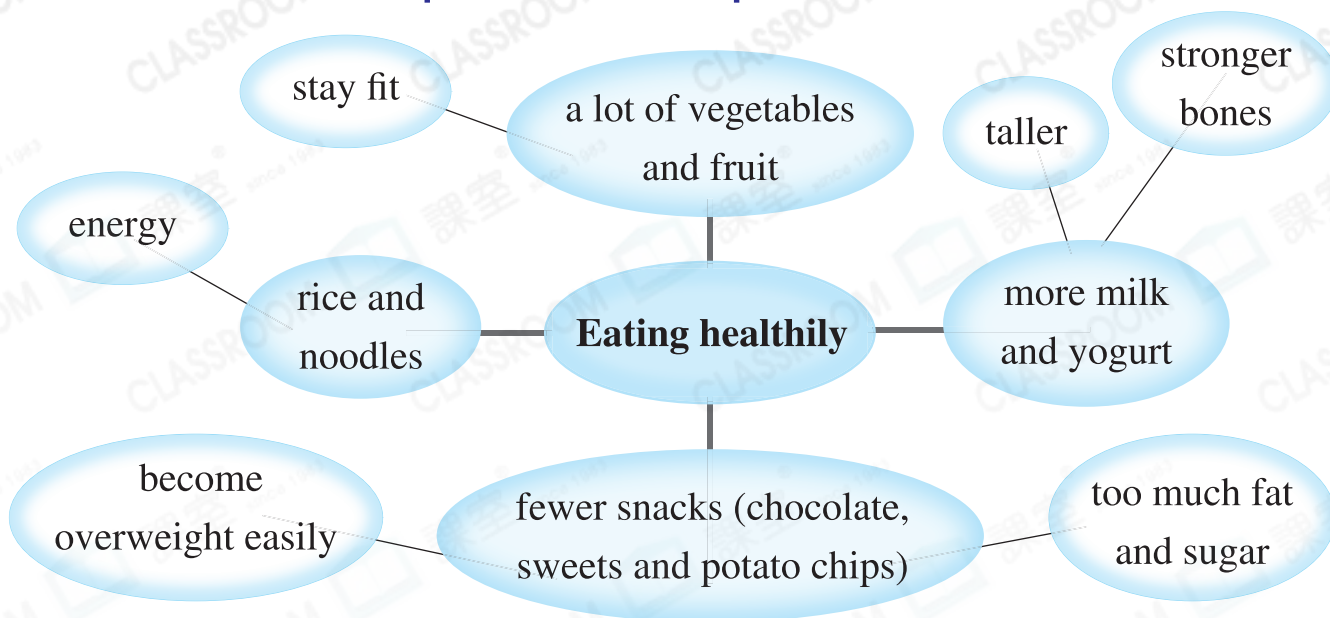
When you write about something imaginative, try to include more details so that your readers can picture your ideas.

23 November

Cloudy

I had a horrible dream last night. In my dream, I saw 1. _____ in front of a new bakery. He gave me 2. _____. They were delicious. Then I walked to a garden. There were 3. _____ . There was 4. _____ too. He welcomed me and let me have the lollipops and the chocolate hanging from the tree. I sat down and ate 5. _____ them. I felt hungry so I ate 6. _____. When I returned home, I looked at myself in the mirror. I became 7. _____ ! I 8. _____ eat 9. _____ sweets. I don't want to be a fat girl! From now on, I 10. _____ have a healthy diet.

B Nancy is writing an article for the school magazine to suggest some ways to eat healthily for her schoolmates. Help Nancy complete her article with the help of the mind map.



Eating Healthily

It is important to eat healthily. 1. _____ help us 2. _____ because they contain vitamins and minerals. We 3. _____ eat 4. _____ them. Dairy products are good for us too. We 5. _____ have 6. _____. They provide us with nutrients that can help 7. _____. Rice and noodles 8. _____. We 9. _____ have them at every meal. We 10. _____ snacks such as 11. _____. They contain 12. _____ so we may 13. _____ when we eat 14. _____.

Eating healthily makes our bodies stronger and helps us control our weight. Then we will not get sick and become overweight easily. Let's learn to pick the right food!

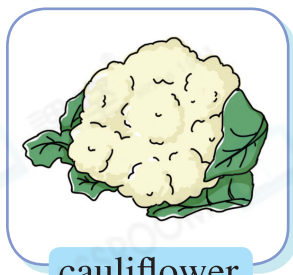
Speaking

A Read aloud.

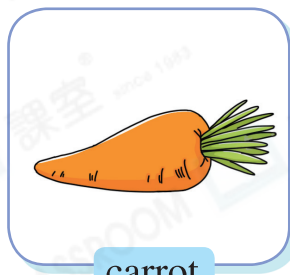
1. What can you see in the pictures? Read the words aloud.



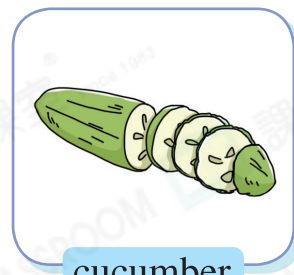
cabbage



cauliflower



carrot



cucumber

2. Read the sentence to your classmate. Then circle the 'c' sounds.

It is good to eat more vegetables in different colours, such as cauliflowers, cucumbers and carrots.

B Read the text aloud. Then answer the questions.

Make Vegetables Our Main Food

Vegetables are good for our health. They play an important role in our diet. A diet high in a variety of vegetables can help protect us against heart disease, cancer and many other serious diseases. Different vegetables have their own nutritional value. For example, compared with other vegetables, broccoli is a better source of protein. It also contains a wide range of nutrients such as vitamin C, vitamin K and minerals. Carrots are high in vitamin A so they are important for good eyesight. Do you think meat is necessary in our diet while vegetables can provide us with the most essential nutrients?

1. Why should we eat more vegetables?
2. Your friend Tony wants to get more protein. Which vegetables do you think he should eat more? Why?
3. Why are carrots good for our health?

C Talk about healthy diets with your classmate.

1. What kind of food is the most unhealthy? Why?
2. What kind of food do we need to eat more? Why?
3. What health problem(s) will we have when we eat too much oily food?
4. Do you prefer eating out to cooking at home to stay healthy?

D Nancy is reading a poster. Read the poster. Then give a presentation with the help of the questions.

Prince Edward Hospital Talk Series



The Wonders of Diet

Presented by Dr Stephen Darrick White



He will tell us:

- ▶ why a healthy diet is so important to us
- ▶ how to have a healthy diet to prevent diseases
- ▶ how a healthy diet benefits us
- ▶ what healthy foods we can have in our daily life

Dr White is a practised nutritionist from Prince Edward Hospital.

14th December, 20XX 5:30 – 7:30 pm
Classroom Primary School

Fee: \$30
(a vegetarian dinner included)

1. When and where is the talk?
2. Who is the speaker?
3. Is the talk free of charge?
4. What is the theme of the talk?
5. What will the speaker talk about?
6. Why will you attend the talk?



Remember to select the useful information from the text for your presentation.