Healthy body, healthy mind

Learning Heroes

2 Who never went outside

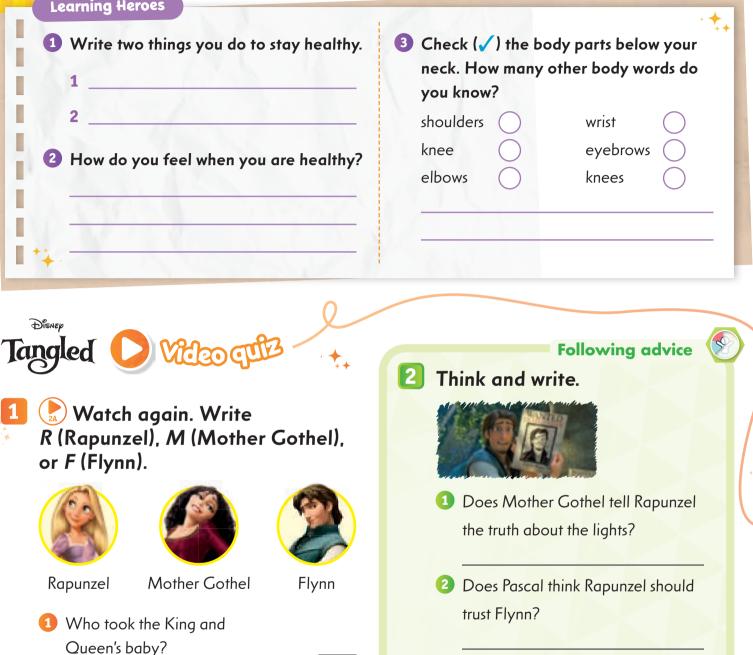
3 Who climbed up the tower?

4 Who said the world is scary?

5 Who couldn't move their body?

6 Who asked Pascal for advice?

from home?





- Mother Gothel says, "Trust me, my dear."
- 3 Who do you trust?
 - Are you good at following advice?

3 Dook, read, and write. Then listen and check.

ankle elbows knees neck shoulder wrist

In the tower, Rapunzel exercises to stay healthy. She touches her left **1** _____ankle ____ with her right hand.





Rapunzel loves animals. She has a pet named Pascal. He often sits on Rapunzel's 2 ______. She likes horses, too. Look, she's hugging Max's 3 ______.

Flynn Rider tells exciting stories. Rapunzel puts her 4 ______ on her 5 ______ and listens carefully to him.





Rapunzel argues with Mother Gothel, and she holds her 6 ______. Rapunzel can't stay in the tower forever.

4 Choose three activities. Write riddles for your friend to guess.

l use my	to do this.	l use my left foot and knee to do this.	ls it playing soccer?
l use		Yes, it	
			Extra time?
			and label as many s of your body as
	I can use body words.	22	you can.

= ache.

1 <u>s</u>o<u>r</u>e <u>t</u><u>h</u><u>r</u>oa<u>t</u> 2 ____o___a____e 3 ____i ____y 4 ___o___ 5 ____i ____ 6 ea a e 7 ou___ 8 ___oo____ a____e Ways to learn Read and write. Use the words in 1. Think and write. I have a 1 cough . active amazing awful a **2** c______, and a **3** s______ calm relaxed worried t _____. Do you have Flo any advice, Ash? Body Mind (emotions) Yes, I do. Don't play outdoors, (health) Both and keep warm. feel angry have a cold feel Ash I feel 4 d_____ and I have a tired _____. Can you help, Ash? 5 h Pablo Yes. Don't play on your computer. Try to sleep. I ate a lot of chocolate today. 3 Describe a time when you were sick. Now I have a 6 t_____, **1** | felt ______. a 7 s_____ and I feel Emily 2 I had . **8** s_____. Don't eat more junk food. Why don't you drink some water? Extra time? Thanks, Ash. You're a great Create a mnemonic for a First Aid Student Rep. word you find difficult to No problem! spell. For example, all children have ears can) use words for illnesses.

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Look and write.

LESSON 3 Language focus

1 Read and circle the main verb. Then write the correct number.

- 1 His neck hurts
- 2 She feels sick.

Grammar.

- 3 I have a backache.
- 4 He doesn't feel good.



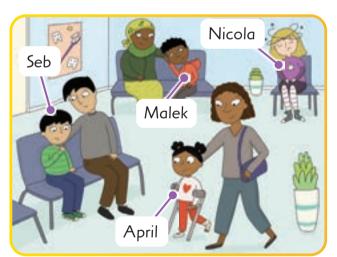
Reput the words in order to make sentences.

- 1 doesn't / good. / Flynn/ feel Flynn doesn't feel good.
- 2 sick. / feel / I

4 elbow / My / hurts.

3 have / sore / I / a / throat.

Look and write. Then play Guess who?



- 1 Seb's shoulder hurts.
- 2 Nicola_____
- 3 Malek_____
- 4 April's _____

His shoulder hurts. It's Seb!

can) ask and answer about illnesses.

3 Look and write.



What's 1	l	_?	
l don't feel 2			
l have a 3 _			
My neck 4 _			

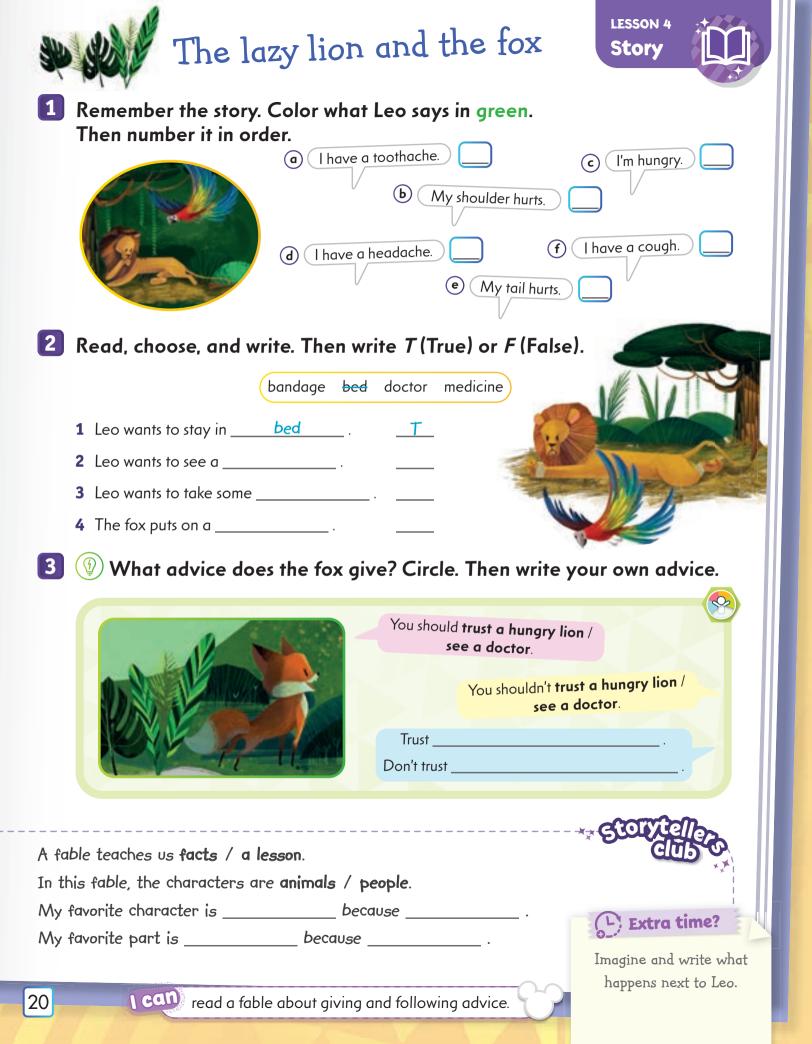


I have a sore hand.

I have a sore hand and ankle.

I have a sore hand, ankle, and shoulder.

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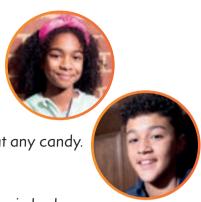


Listen and circle. 1

- **1** Flo: I have a headache.
 - Ash: You should / shouldn't take some medicine.
- 2 Flo: I have a cold.

Ash: You should / shouldn't swim today.

- 3 Flo: My wrist hurts.
 - Ash: You should / shouldn't put on a bandage.
- 4 Flo: I have a stomachache.
 - Ash: You should / shouldn't eat any candy.
- 5 Flo: I feel dizzy.
 - Ash: You should / shouldn't stay in bed.

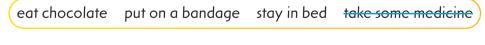


2 Write advice. Then look and match.

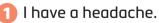
1 I have a toothache. You shouldn't eat candy. X eat candy 🗸 take some medicine 2 I feel dizzy. stay at home X go to school 3 My ankle hurts. X play soccer ✓ see a doctor



Read. choose. and write. Then act out.



Health survey





- You should take some medicine. 🕗 l have a stomachache. _____
- 🔁 l hurt my elbow.
- 🔼 l feel tired and sick.



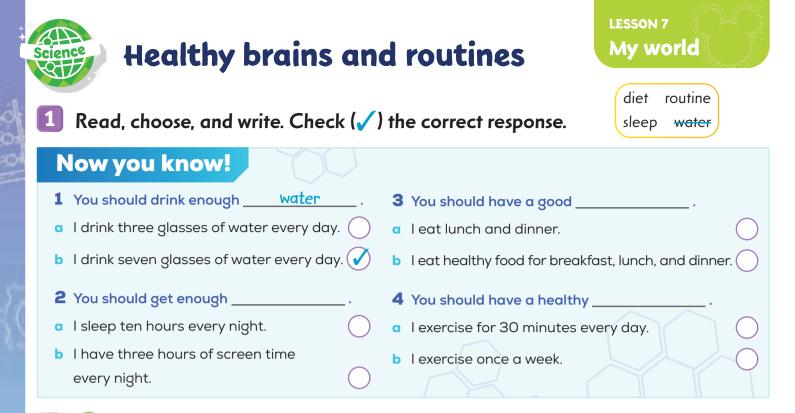
I feel tired and sick.

Extra time?

You should stay in bed.

Repeat this tongue twister with a friend. How fast can you say it? Sharon feels sick and her shoulder hurts. She should see a doctor.





Read and circle. Then write for you.

How healthy is your brain?					
How much (many) every day?	Water (glasses)	Sleep (hours)	Meals	Screen time (hours)	Exercise (minutes)
Evan	7	10	3	1	30
Rita	8	6	3	4	5
Yousef	7	9	2	1	60
Penny	2	10	3	1	30

- 1 Penny should drink more / less water.
- 2 Rita should get **more** / **less** sleep.
- 3 Yousef should have a worse / better diet.
- 4 Evan is the **healthiest** / **least healthy**.

Ask your friend and complete in 2. Give some good health advice.

My friend should / shouldn't



3

Disney sometimes uses supercomputers to make movies. But did you know your brain is faster and smarter than any supercomputer?

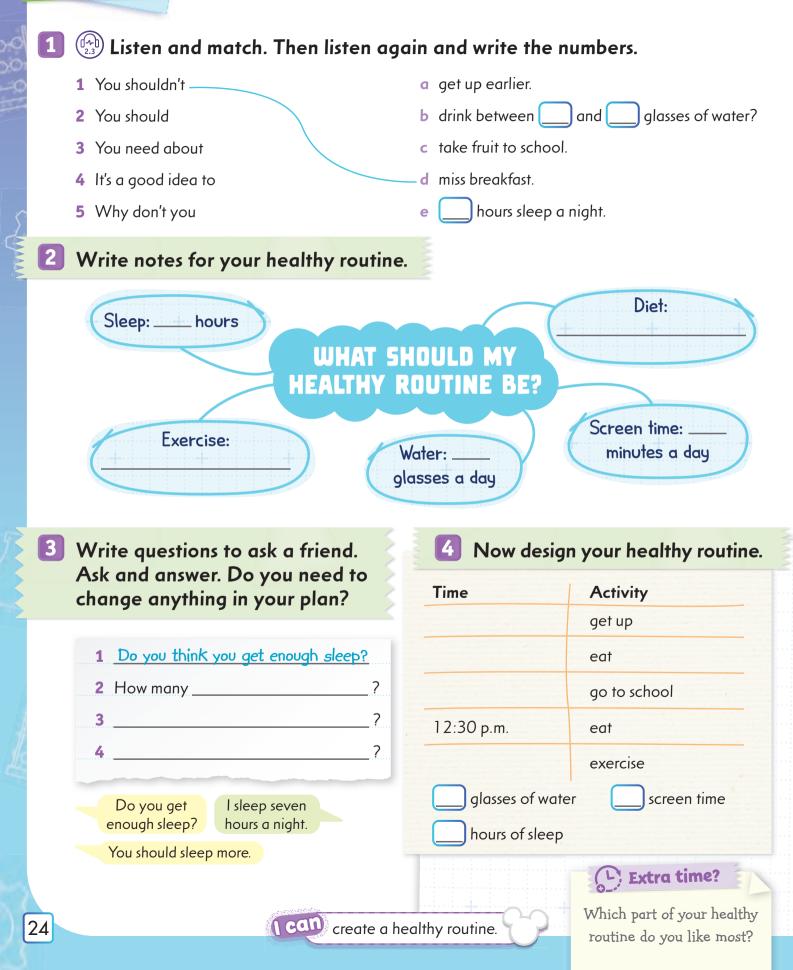


Research and tell a friend one other way to keep your brain healthy.

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can) read and understand about the brain.

MINI-PROJECT Design a healthy routine



An advice column

UESSON 9 Writing project

Read and match. Then underline five time phrases.

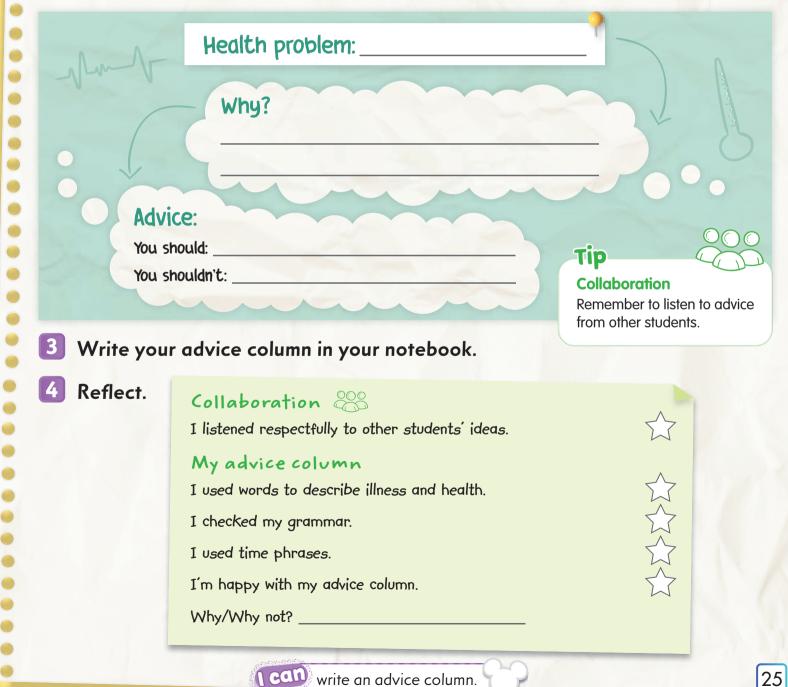
- 1 I have a toothache.
- 2 I <u>always</u> have a headache when I play video games.
- My ankle hurts after basketball practice.

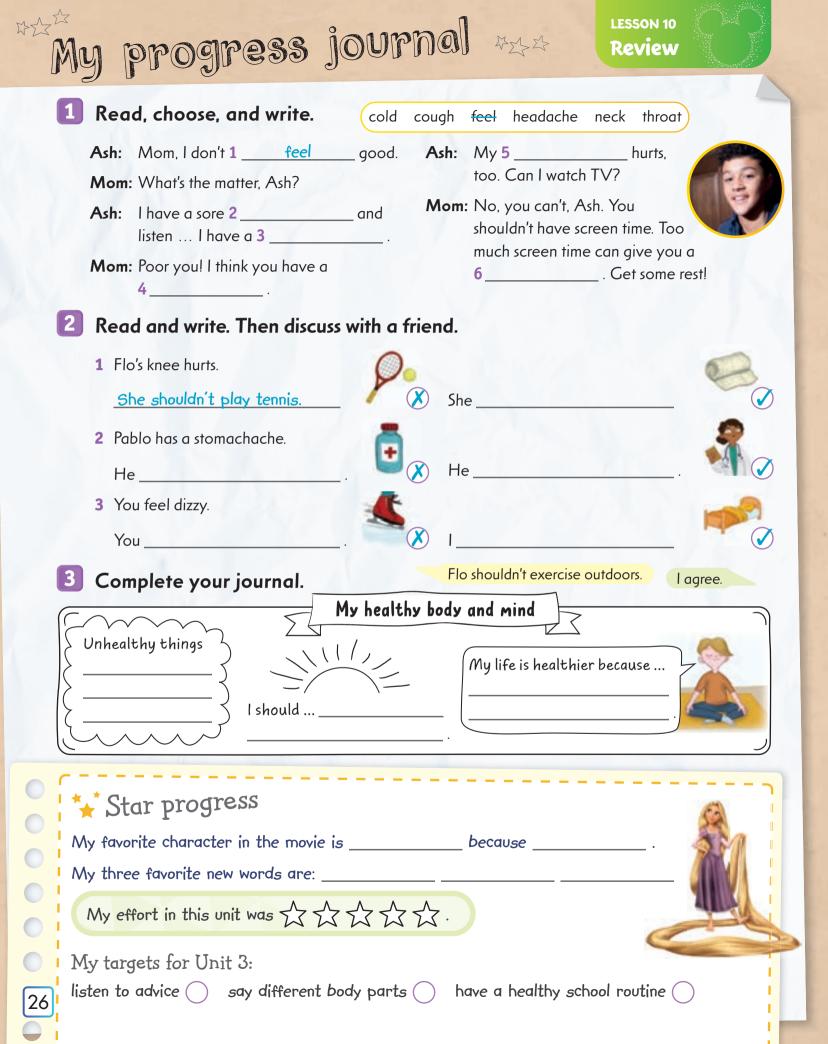
- a You should have less screen time.
- You should put on a bandage before you play.
- c You should brush your teeth every morning and night.

Writing focus

Remember to use time phrases in your advice column.

2 Think, plan, and write notes for your advice column.





Listening



(1) Look, listen, and write.



Reading and Writing

Read and write a letter a-e.

1 Mom: What's the matter?

David: <u>c</u>

2 Mom: Oh, no. Do you have a stomachache? David:

3 Mom: Do you have a headache?

David: ____

4 Mom: You should take some medicine.

David: ____

5 Mom: Yes, it's in the bathroom cupboard. Do you want to stay in bed today? David: _____

Speaking

3 Take turns to ask and answer about the picture in 1.

a Girl's name ? 2 Problem ? What should she do ? What shouldn't she do

b	Boy's name	?
	Problem	?
	What should he do	?
	What shouldn't he do	?

At the doctor's

- **1** Doctor's name: **Brown**
- 2 boy's name:
- **3** He cut his _____ .
- 4 He doesn't feel _____.
- 5 He should put on _____.
- 6 His parents' phone number is

- a No, I don't. My stomach feels okay.
- **b** That's a good idea. Is the medicine in the bathroom?
- c I feel sick. Mom.
- d Yes, please. I feel tired.
- e Yes, I do. My head hurts.

A Curious and creative!

Learning Heroes



3 Dook, read, and write. Then listen and check.

checked dotted shiny strange striped plain

Look at Wonderland. It's a

 1 _______strange ______and beautiful place.

 Tweedledum and Tweedledee aren't

 wearing 2 _______T-shirts.

 They're wearing black and white

 3 ______T-shirts.



They're wearing 4		
brown pants, too.		
The Mad Hatter is	wearing a	
5	brown hat.	
The ribbon on the	hat is	
6	_ and pink.	

4 Write what a friend is wearing. Can the class guess who it is?

adjectives, for example, *Ice* cream is sweeter than cake.

1 6 t 1 s W e e 2 6 3 5 3 6 7 The secret word is ______. 🕑 Ways to learn Read and write. Use the words in 1. Think and write. Ash, I loved your unusual food market blog. Adjective Noun Thanks! It was fun trying new sweet sugar Emily food. What's your favorite food? Ash My grandpa keeps bees. My favorite food is his 1 delicious 2 I love honey, too. It's great with milk. Do you drink **3** _____ ? 3 Write for you. No, I don't. I think it's 4 _____ ! 1 I think the best food is _____ My favorite drink is homemade lemonade. Lemon juice can be **5**______, so we add some because . 6 ______ to make it 7 ______. 2 I think the worst food is _____ Lemons grow on trees, don't they? because ______. Yes, they do. 8 _____ grow on trees, **Extra time**? too. Which do you like best? Green or black? I like black best. They're delicious on pizza. Compare foods using

Look and complete the crossword. What is the secret word?

can use words related to food.

Read, write, and match.

- 1 What does the strawberry tart _____ like? a It looks like a heart.
- 2 What does the Red Queen's hair like? b It sounds like a cat.
- 3 What does the Red Queen's voice like? c It tastes sweet
- - and delicious.





Put the words in order to make answers. Write the questions. Then ask and answer.

Guess the fruit!

1 What does it smell like?

sweet. / It / smells

It smells sweet.

2 ?

a / It / like / brown ball. / looks

3 ?



4 ?



What's the secret fruit?

Write three questions about the photo.



What does it _	like?	
What does it		

What does it smell like?

It smells sweet.



questions in 3.



1 💮 Listen and circle.

- 1 There aren't enough / are too many sails.
- 2 There are too many / is too much spices.
- 3 There is too much / isn't enough frosting.
- 4 There is enough / isn't enough sugar or butter.
- 5 There are too many / aren't too many cookies.



Look, choose, and write.

aren't enough isn't enough too many too much



There's <u>too much</u> glue.



There _____ drums.



There

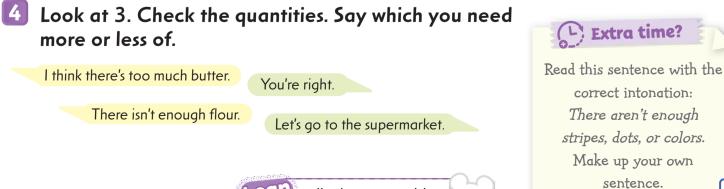
There are _____

costumes.

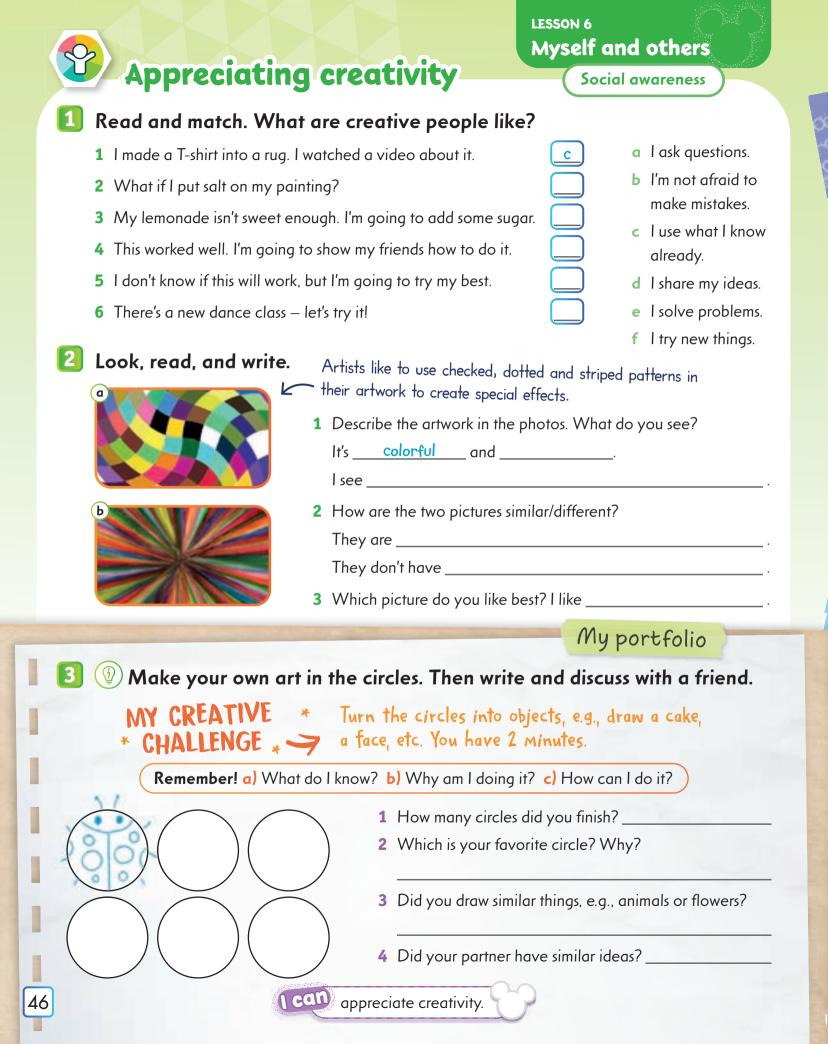
cake.

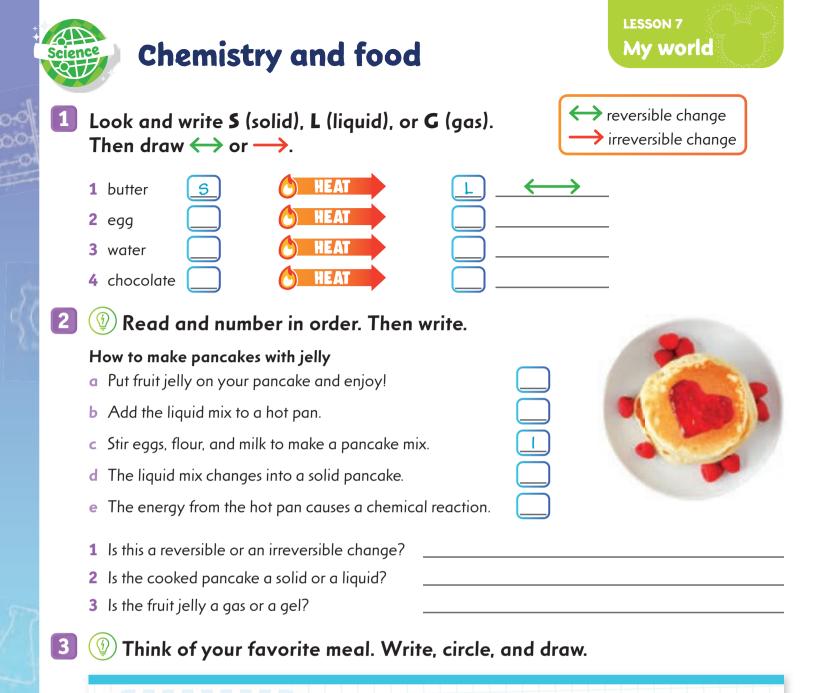
3 Read and write sentences.

100 g butter 1 egg 2 3 eggs	Cookie ingredie	ents of at	We have: 1 200 g butter	There's too much butter.
100 g sugar 25 g spices 3 25 g frosting 250 g flour 50 g frosting 4 10 g spices 5 150 g sugar 5 150 g sugar	100 g butter	1 egg	2 3 eggs	
250 g flour 50 g frosting 4 10 g spices 5 150 g sugar	-	25 g spices	3 25 g frosting	
5 150 g sugar		50 g frosting	4 10 g spices	
6 225 g flour	-		5 150 g sugar	
			6 225 g flour	



can) talk about quantities.





Food chemistry and me

My favorite meal is ______. It is **solid** / **liquid** / **gas** / **gel**. You make it by **cooking** / **stirring** / **freezing** ingredients. When you make it, **there is** / **isn't** a chemical reaction.

Did you know that you can explore the science of food on *Disney Eats*? You can learn new delicious recipes and how to create Disney inspired meals!

Use corn to make your own popcorn. Is there a chemical reaction? Is the change reversible or irreversible?

Extra time?

read and understand about food chemistry.

MINI-PROJECT Invent a creative meal



A blog post

2



- 1 small / l / candles. / made / two
 1 made two small candles.
- 2 is / orange. / One candle / square / and
- 3 smells / it / think / I / horrible.
- 4 I'm / a / large / striped / Next / make / going to / candle.





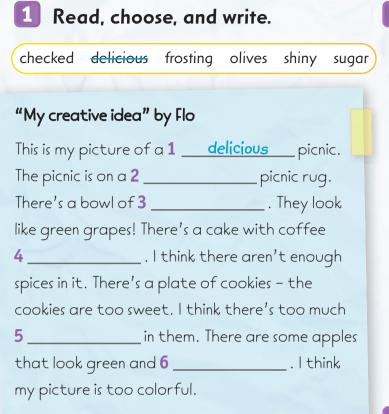
Writing focus

Remember adjective order: quantity + opinion + size + age + shape + color + noun.

Plan	your	blog	post.
------	------	------	-------

djectives I could use:	
์ion:	
	Tip Self-management Map out the sections of your blog, and use lists to help you plan your writing.
Self-management	olan my writing.
My blog post I used adjectives to describe my creations I checked my grammar.	
	Self-management I mapped the sections and used lists to p My blog post

LESSON 10 **Review**



My progress journal

I'm creative because I like painting pictures and looking at art.

What about you? How are you creative?

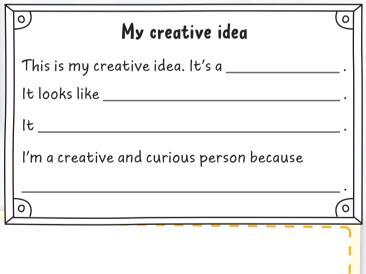


Read and write. What do you think of Flo's picture? Discuss with a friend.

- What does the picnic look like?
 It looks delicious.
- 2 What do the olives look like?
- 3 What does the frosting taste like?
- 4 What does Flo think about the cake?
- 5 What does she think about the cookies?

3 Complete your journal.

use adjectives more



50

🖌 Star progress

My favorite character in the movie is ______ because

My three favorite new words are: _

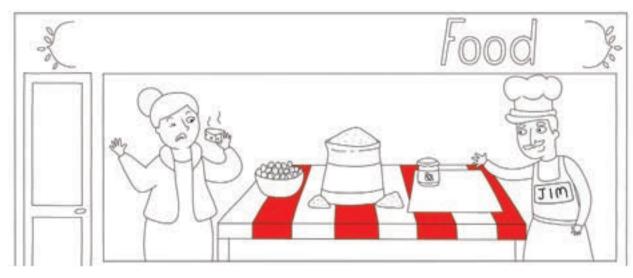
My effort in this unit was $\bigtriangleup \bigtriangleup \bigtriangleup \bigtriangleup \bigtriangleup$.

My targets for Unit 5: think creatively () try learning in different ways ()

Listening



Listen, color, and write.



Reading and Writing

2 Look at the three pictures. Write about this story. Write 20 or more words.



b

Speaking

a

3

Talk about the store in 1 based on cues.

Store name	?
Cheese smells	?
Enough honey	?

Baker's name	?
Honey tastes	?
Enough flour	?