

Lesson 37: You Are What You Eat!

Jenny and Danny are having lunch together. Jenny looks at Danny and notices something very strange.



Jenny: What are you eating, Danny?

Danny: This is a salad, Jenny. There are many different vegetables in it.

Jenny: I know. But you don't like vegetables.

Danny: Well Jenny, vegetables are good for us.

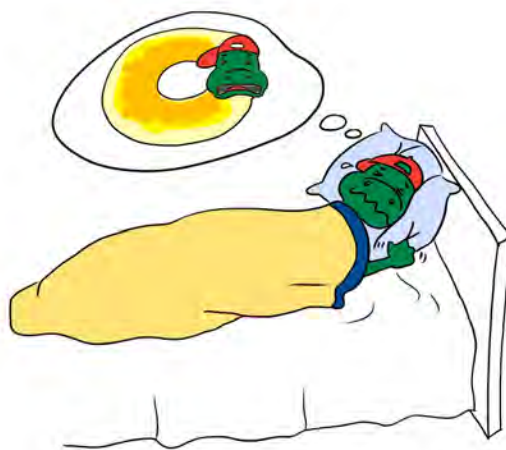
Jenny: That's true.

Danny: To tell you the truth, I decided to change my eating habits. Yesterday evening, I ate ten donuts as usual. My uncle said to me, "You shouldn't eat so many donuts. It's not good for your health. Do you know the saying: You are what you eat?" Later that night, I had a dream. In the dream, I became a big donut and everyone tried to eat me.

Jenny: Oh no! That's awful.

Danny: Yeah! Then I woke up and I was scared. So, I decided to eat more vegetables.

Jenny: Good for you, Danny!



Learning Tip

The saying "You are what you eat" comes from French. A French writer wrote: "Tell me what you eat and I will tell you what you are." Of course a person isn't really what he or she eats. The saying means that the food you eat affects your mind and body, and your mind and body are what you really are.

Let's Do It!

1 Listen and write true (T) or false (F).

1. Danny and Jenny are having lunch. ()
2. Danny is eating a salad. ()
3. Danny likes vegetables very much. ()
4. Danny decided to change his eating habits. ()

2 Read the lesson and answer the questions.

1. How many donuts did Danny eat yesterday evening?
2. What did Danny's uncle say to him?
3. What happened to Danny in his dream?
4. Why did Danny decide to change his eating habits?

3 Fill in the blanks with the correct forms of the phrases in the box.

have lunch be good for to tell you the truth as usual wake up

1. Take a walk after supper! It _____ your health.
2. The bus never comes on time. And today, the bus is late _____.
3. I don't eat at school. I go home at 12 o'clock, and I _____ with my family.
4. A: Did you watch the movie last week?
B: Yes, but I didn't like it. _____, it was very boring.
5. Jim _____ late this morning, so he didn't catch the school bus.

4 Work in groups. What are some of your favourite foods? How often do you eat these foods? Interview your classmates and fill in the table. Look at the results. Do they have good eating habits?

Name	Favourite Foods	How Often?	Good Food	Junk Food	Eating Habits 😊 or 😞
Li Wenjie	apples	3 times a week	√		😊
	chocolate	once a week		√	
	carrots	twice a week	√		

Lesson 4: Best Friends



- Who is your best friend? What do you like about him/her?
- Did you ever argue with your best friend? Why?



Patrick and Grant are best friends. They are like “two peas in a pod”. One day, the two best friends stopped talking to each other. Why? Grant wanted to copy Patrick’s homework. That way, he could spend more time playing basketball. But to his surprise, Patrick didn’t agree.

“No way! I can’t help you like that,” said Patrick.

“What a friend!” Grant said angrily.

Patrick felt awful. He said, “I won’t lend you my homework. Friends don’t help each other like that. That’s cheating!”

That afternoon, they parted and went their own ways. In the following days, they both felt bad.

A few days later, there was a school basketball game. Patrick went to the gym to watch it. Grant was there, too. At the end of the game, the two friends looked at each other.

Grant immediately came over and held out his hand. He wanted to say something, but he felt embarrassed. Patrick smiled and said, “Good friends don’t have to say sorry. They just know it. I want to be your friend, not your enemy.”

That day the two boys made a deal. They would do their own homework first and play basketball later.



Learning Tip

A simple sentence contains only one independent clause. Look at these:

Patrick didn’t agree. (Subject + Intransitive Verb)

The two boys made a deal. (Subject + Transitive Verb + Object)

Patrick felt awful. (Subject + Link Verb + Predicative)

I won’t lend you my homework. (Subject + Verb + Indirect Object + Direct Object)

Let's Do It!

1 Listen and number the sentences in the correct order.

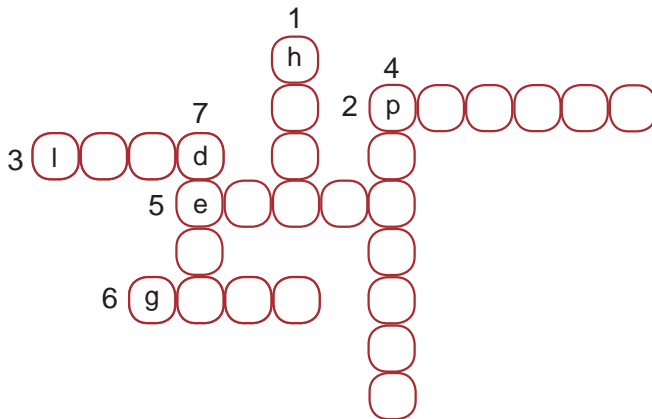
1. They parted and went their own ways.
2. They stopped talking to each other.
3. The two boys saw each other at the school gym.
4. Patrick and Grant are best friends. They are like “two peas in a pod”.
5. They made a deal. They would do their homework first and play basketball later.

The correct order is: _____

2 Read the lesson and answer the questions.

1. What did Grant like to play after class?
2. Why did the two boys stop talking to each other?
3. What made the two boys become friends again?
4. What agreement did the two boys make?

3 Complete the clues and do the crossword.



ACROSS

2. We _____ at the airport with good wishes for each other.
3. My bike is broken. Can you _____ me yours?
5. A joke never gains an _____, but loses a friend.
6. Hi Danny! _____ to meet you!

DOWN

1. I _____ rainy days!
4. I find my new _____ class very difficult!
7. The NBA players refused to play. They were hoping for a better _____.

4 In your opinion, what makes a best friend? Collect some sayings about friendship and share them with your partners.

Example:

Only your real friends will tell you when your face is dirty.

Lesson 17: Save the Tigers



- Where can you usually see a tiger?
- Do you think tigers need our help? Why or why not?

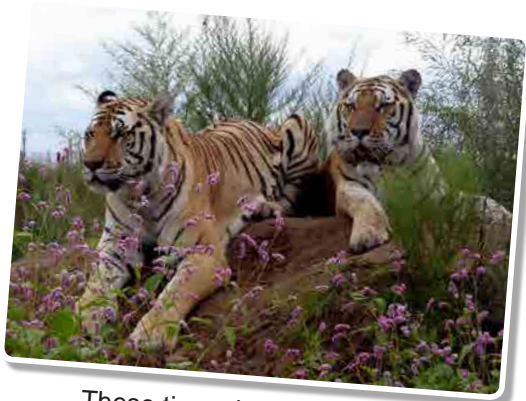
“Save the tigers” is a group of volunteers. These volunteers hope to save the tigers of the world. At the beginning of the 20th century, the number of tigers in the wild was around 100 000. But today that number has dropped to a few thousand.



Save the Tigers group works to protect the tigers.

Tigers live in the forests of Asia.

They usually have orange fur and dark stripes. Tigers are symbols of strength and courage. In many stories, they are brave. The tiger is at the top of the food chain. It helps keep the number of other wild animals in balance. For this reason, tigers are important to the environment.



These tigers live in a zoo.

In recent years, tigers have been in danger of disappearing. Some people hunt and kill tigers for money. People have cut down a lot of trees as well. As forests disappear, tigers lose their homes. The number of tigers in the wild is quickly decreasing and we must do something about it.



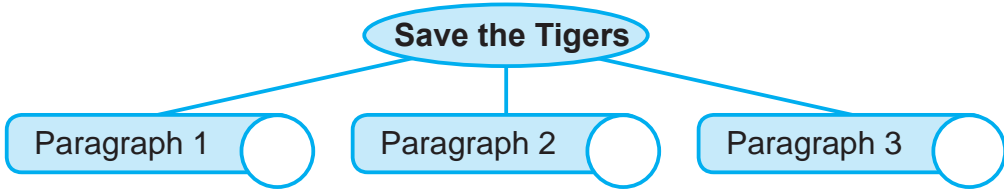
Learning Tip

There are currently six types of tigers: the Bengal tiger, the Siberian tiger, the Sumatran tiger, the Malayan tiger, the Indochinese tiger and the South China tiger.



Let's Do It!

1 Read the lesson and match each paragraph with its main idea.



- A. Tigers are in danger of going extinct.
- B. “Save the Tigers” is a volunteer group that hopes to stop the tigers from disappearing.
- C. Tigers are important to the environment.

2 Read the lesson again and find some sentences to support the main idea of each paragraph.

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graph TD; A([Save the Tigers]) --- B(Paragraph 1); A --- C(Paragraph 2); A --- D(Paragraph 3); B --- B1[ ]; C --- C1[ ]; D --- D1[ ];
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3 Work in groups and discuss some ways we can protect animals. Write down your ideas.

