

Lesson 38: Stay Healthy!

A lot of kids like reading, watching TV and listening to music. That's great! We should exercise our minds. School is great for building our minds. But what about our bodies?

There is an old saying, "A healthy body is a healthy mind." It's true. Our bodies need lots of exercise and healthy food.

Did you know?

Running helps us remember information.
Walking can improve our thinking skills.
Exercise can keep our brains young.



What about healthy food?

Apples help our brains stay strong.
Eggs and fish help our brains work faster.



How can we stay healthy? There are many ways:

Eat good food!

- Vegetables
- Meat
- Fish
- Fruits



Play sports & Exercise!

- Ping-pong
- Basketball
- Football
- Volleyball
- Dance
- Run
- Walk
- Climb



Let's Do It!

1 Listen to the statements and fill in the blanks. The first letter is given.

1. R _____ helps us remember information.
2. W _____ can improve our thinking skills.
3. E _____ can keep our brains young.
4. A _____ help our brains stay strong.
5. E _____ and fish help our brains work faster.

2 Read the lesson and add some activities to the lists below.

Good for the Mind

- reading
- listening to music

Good for the Body

- playing ping-pong
- eating vegetables

3 Circle the correct words to complete the sentences.

1. Cookies and donuts are not (health/healthy) foods.
2. To tell you the (true/truth), I really want to improve my social skills.
3. It is a (true/truth) story! I read it in the newspaper.
4. You can find (a lot of/many) information on the Internet.
5. Eating (vegetable/vegetables) is good for us.

4 To stay healthy, teenagers need about one hour of physical exercise every day. Use the table below to make an exercise schedule for the week.

Task tips: You can do one hour all at once or do a few different things throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
before school	walk to school (15 min.)				
during school	play basketball in P.E. class (25 min.)				
after school	do some housework (20 min.)				

Lesson 26: What Will I Be?



- Would you like to be a pilot? Why or why not?
- Do you have a fear of heights? What will you do to overcome it?

Hello! My name is Tiantian. Here's my page for the yearbook!



What will I be when I grow up? That's a big question. People have asked me this question many times, but I don't really know the answer yet.

Maybe I'll be an airplane pilot. That would be a cool job because I would help people travel all around the world. People travel to see their families, for work or just for fun. I would see the world and experience many interesting things.

There is only one problem. I have a fear of heights, but that won't stop me from being a pilot. I can take small steps to overcome my fear.

Or maybe I'll be an engineer and build planes. I like building model planes. I might build a new type of plane someday. People would feel safer and more comfortable in my plane.

Culture Tip

In many countries, students like to make yearbooks. A yearbook is a book that has pictures of all of the kids and teachers in your school.

Let's Do It!

1 Read the lesson and answer the questions.

1. Is Tiantian sure about her future?
2. What would be a cool job in Tiantian's opinion? Why does she think so?
3. What is Tiantian afraid of?
4. Do you like Tiantian's idea for a new plane? Why?

2 Listen to the passage and write true (T) or false (F).

1. Zhao Lei is talking about his school. ()
2. Zhao Lei's parents ask him nothing about his future. ()
3. Zhao Lei is sure about his future. ()
4. Zhao Lei hopes to get some good suggestions from others. ()

3 Complete the dialogues with the words in the box.

height page pilot model

1. A: Look! That bird is flying very high!
B: Yes. That kind of bird can fly at a _____ of 800 metres.
2. A: Hi Liu Mei! Your cat looks lovely.
B: Thanks. But it's not a real one. It's a _____ cat.
3. A: What are you going to be when you grow up?
B: I hope to be a _____. I hope to travel around the world someday.
4. A: Hello Mr. Zhang! We are ready for English class.
B: OK, everyone! Please turn to _____ 72. Let's read Lesson 28.

PROJECT



MAKE A YEARBOOK! IMAGINE YOUR FUTURE!

Create a yearbook page. Imagine your future and write about it.

Think about the following questions:

- Where do you live now? Where will you live in the future?
- What do you do now? What will you do in the future?
- How will your life be different than it is today?

Include a photo or drawing of yourself. Then put all of the yearbook pages together and make a big class yearbook.

Lesson 4: The Spring City



- Would you like to live in a place where there are no winters?
- What do you enjoy most about spring?

When we think of spring, we think of a season of fine, warm weather and clear, fresh air. We think of new life, green plants and budding trees all around us.

Everyone longs for spring. Spring is a short season in many places around the world. But in my hometown, it feels like spring nearly all year round.

The weather here is neither too hot nor too cold. The average winter temperature is 15°C. In summer it never gets too hot.

The average temperature is 24°C. The city gets about 1 000 millimetres of rain every year. There's plenty of sunshine too, with about 2 250 hours of sunshine every year. Because of the spring-like weather, you can find hundreds of beautiful flowers and trees anytime of the year.

Can you guess my hometown? Yes, it's Kunming — “the Spring City”.



I love my hometown.



Let's Do It!

1 Read the lesson and answer the questions.

1. What's the average temperature in winter/summer in Kunming?
2. How much rain does the city get every year?
3. How many hours of sunshine does the city get every year?
4. Why are there many flowers all year round in Kunming?

2 Listen to people talking about their hometowns and match the names with the sentences.

Susan

Mike

Zhang Jing

Tom

Dong Chao

• Spring begins in April and ends in June. The temperature is between 4°C and 15°C.

• It is warm and wet. Spring begins in November.

• The average spring temperature is 5°C. It is very cold.

• The weather is neither too hot nor too cold. The average spring temperature is 20°C.

• They celebrate the Festival of Colours to greet the coming of spring.

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

long for think of feel like because of

1. She didn't go to school _____ her illness.
2. He always _____ his friend when he is in trouble.
3. They _____ sunshine during the long rainy days.
4. It's so hot today. It _____ summer.

4 Work in pairs. Talk about the spring in your hometown.

Task tips: You can talk about the weather, the temperature and your favourite activities.

