

The logo for 'Smart Kids' is displayed in a stylized, bubbly font. 'Smart' is in a light purple color, and 'Kids' is in a darker purple color. The letters are outlined in white and have a slight 3D effect.

Smart  
Kids

## Unit 6

## Health and Disease

### Lesson 5 Reading





## Go to Bed Early

Go to bed early — wake up with joy.

Go to bed late — cross girl of boy.

Go to bed early — ready for play.

Go to bed late — moping all day.

Go to bed early — no pains or ills.

Go to bed late — doctors and pills.

Go to bed early — grow very tall.

Go to bed late — stay very small.





## Choose the correct answer

- 1 I can see \_\_\_\_\_ birds in the tree.

a. some                      b. any                      c. much
- 2 There isn't \_\_\_\_\_ water in my bottle. Please give me \_\_\_\_\_.

a. much; any              b. some; any              c. any; some
- 3 Would you like \_\_\_\_\_ bread? -No, I ate too \_\_\_\_\_ bread.

a. any; many              b. some; much              c. some; many

### Fill in the blanks

Annie is ill. Her classmates Sam and Alice come to see her.

**Sam:** How are you feeling today, Annie?

**Annie:** I feel \_\_\_\_\_ now.

**Sam:** \_\_\_\_\_ is a \_\_\_\_\_ card for you.

**Alice:** Here are some fruits for you.

**Annie:** Oh, thank you! But I'm \_\_\_\_\_ about my lessons.

**Sam:** Don't worry. I can \_\_\_\_\_ you with your math.

**Alice:** I can help you \_\_\_\_\_ your English.

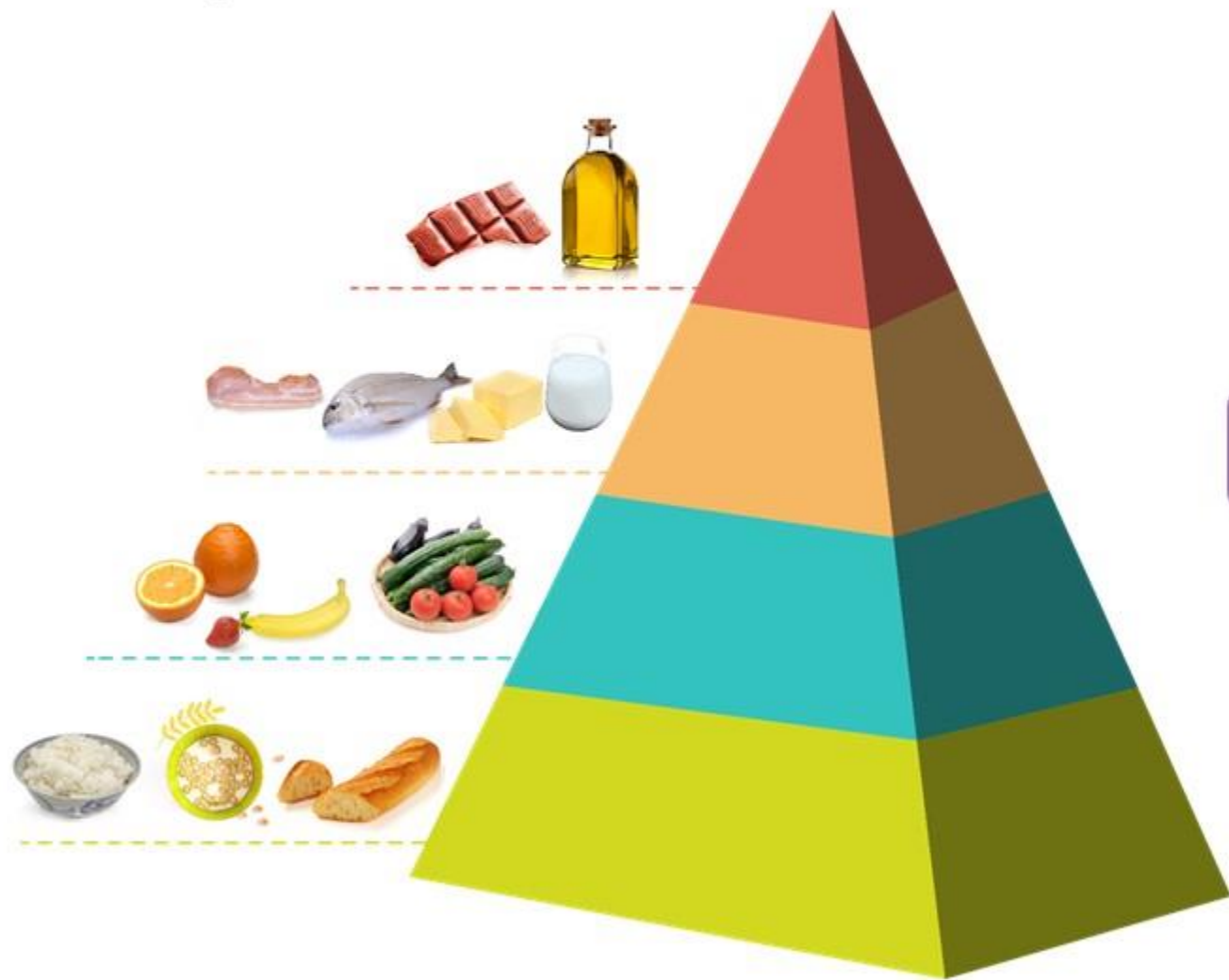
**Annie:** That's really great.

Is there \_\_\_\_\_ homework these 2 days?

**Sam:** Yes, there is \_\_\_\_\_ homework. Let me tell you...



**Answer the questions**



food pyramid



**Listen to the passage** 

### Have a Healthy Diet

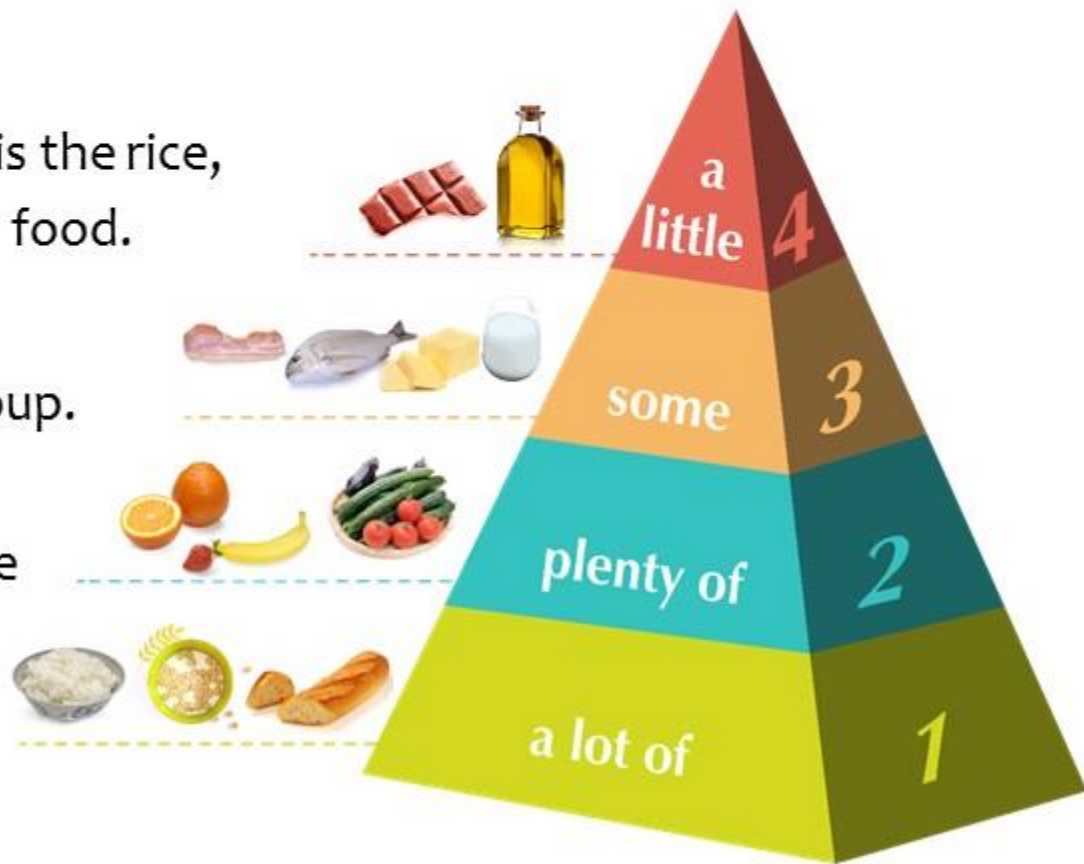
We eat different food every day. But what should we eat? What shouldn't we eat? The food pyramid helps you to have a healthy diet.

There are 4 layers in the pyramid. The first layer is the rice, cereal and bread group. We should eat a lot of these food. They can give us energy.

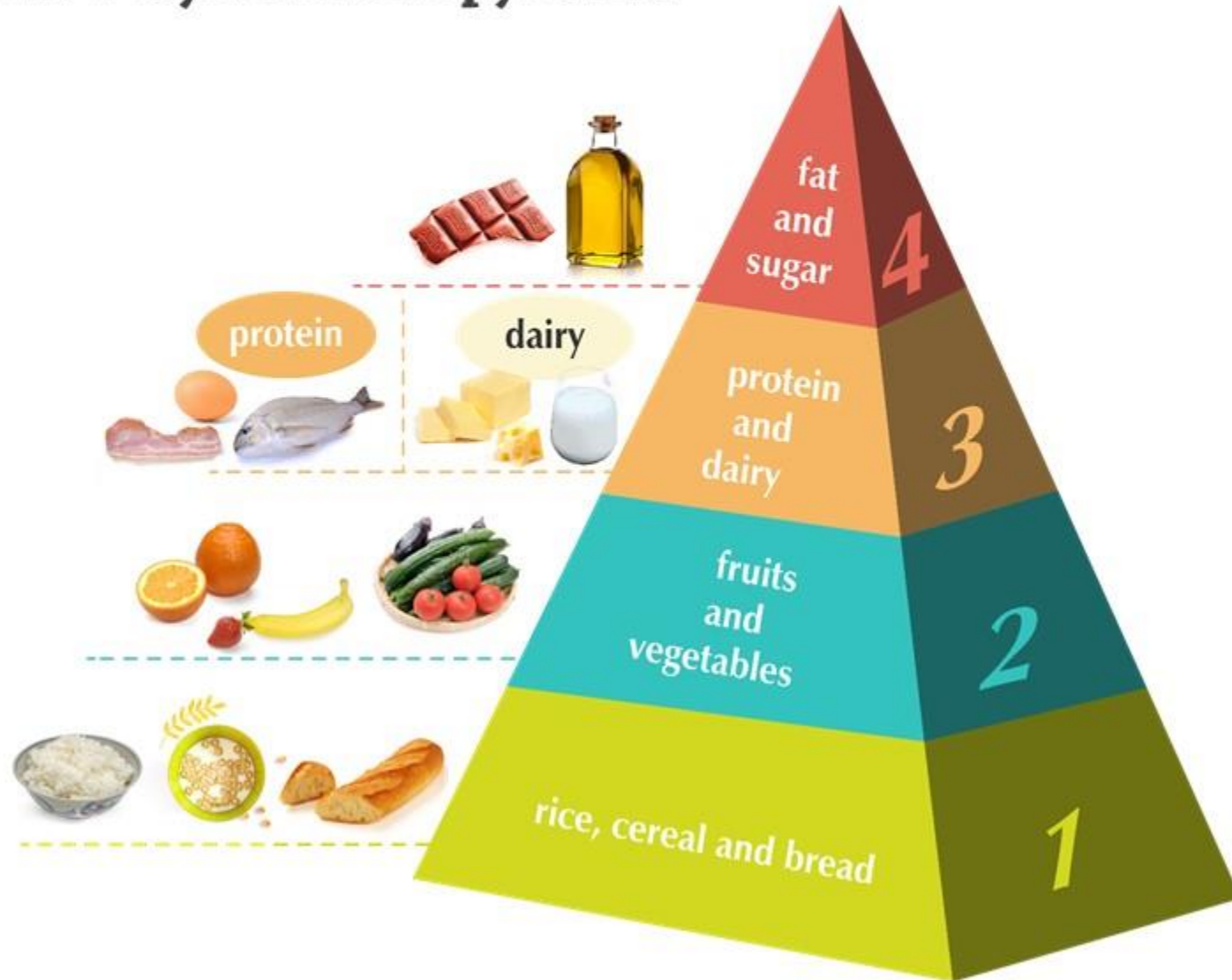
The second layer is the fruits and vegetables group. They are good for us. We should eat plenty of them.

The third layer is the protein and dairy group. We should have some, but we shouldn't have too much.

The fourth layer is the fat and sugar group. We should have a little not too much.

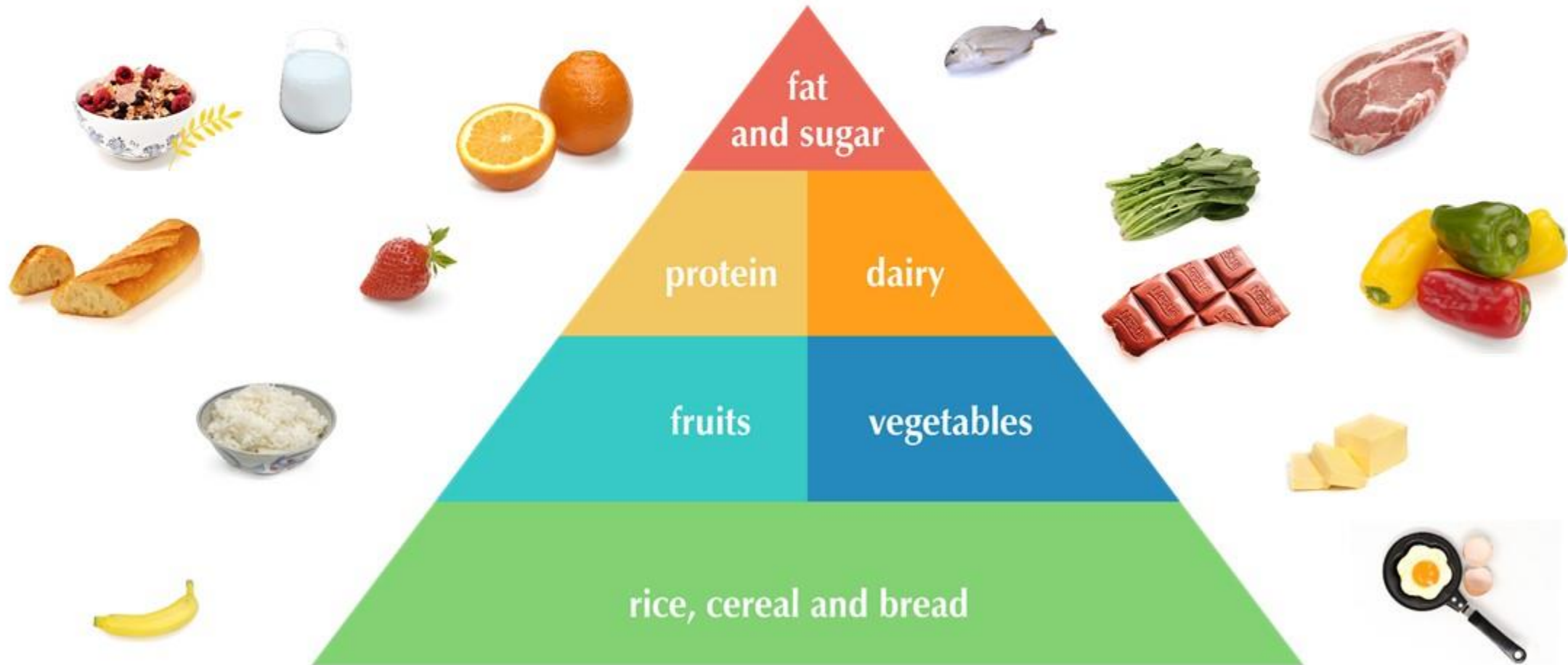


## Read and learn: 4 layers in the pyramid





**Classify and put the food in the correct column**





### Read aloud

### Have a Healthy Diet

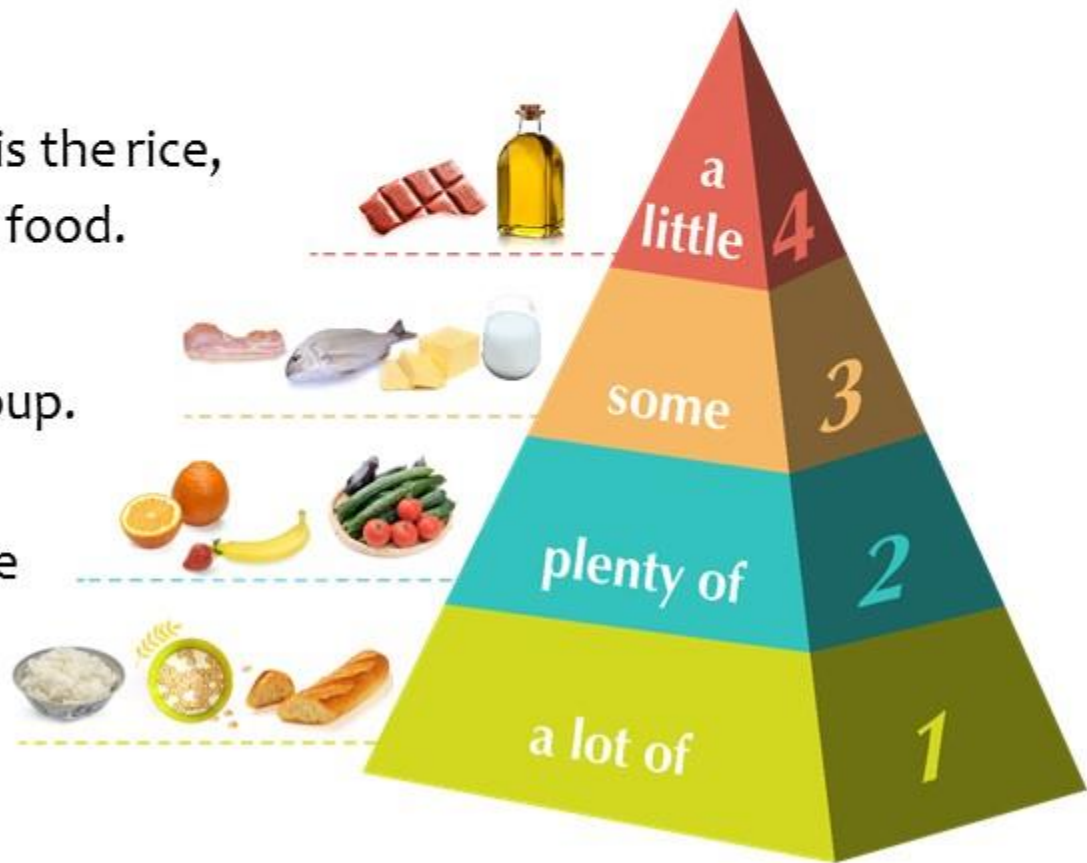
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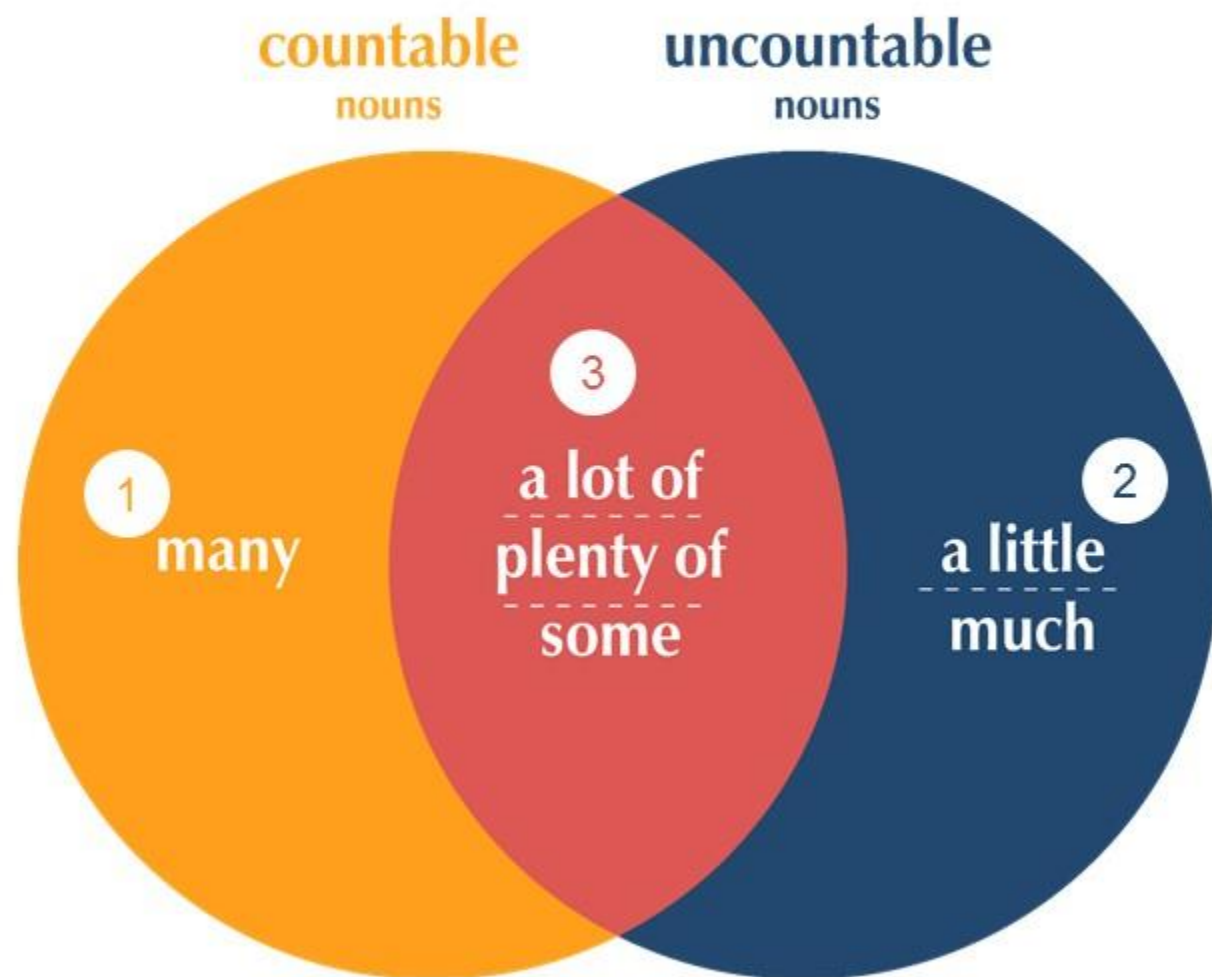
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### Read and learn



1 **many** apples/toys

2 **a little** ice cream/oil  
**much** juice/chocolate

3 **a lot of** cookies/bread/cereal  
**plenty of** cabbages/bananas/water  
**some** eggs/milk/cheese

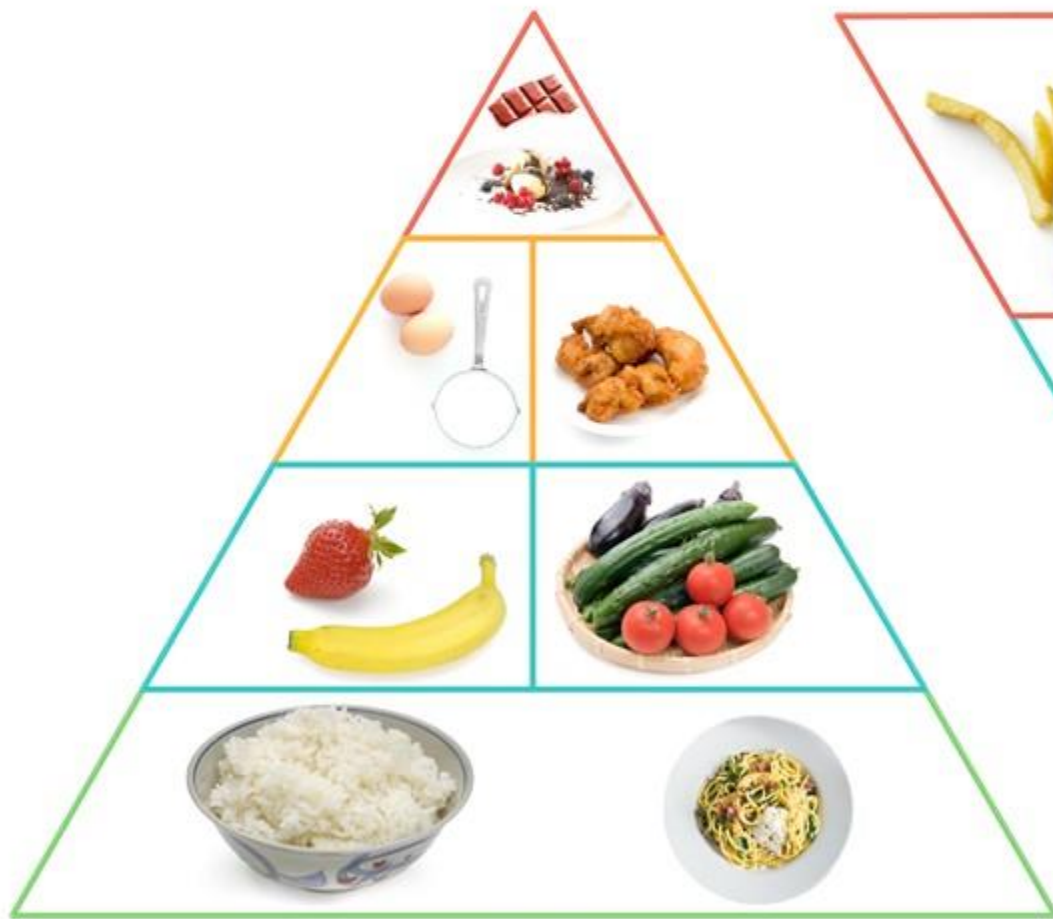
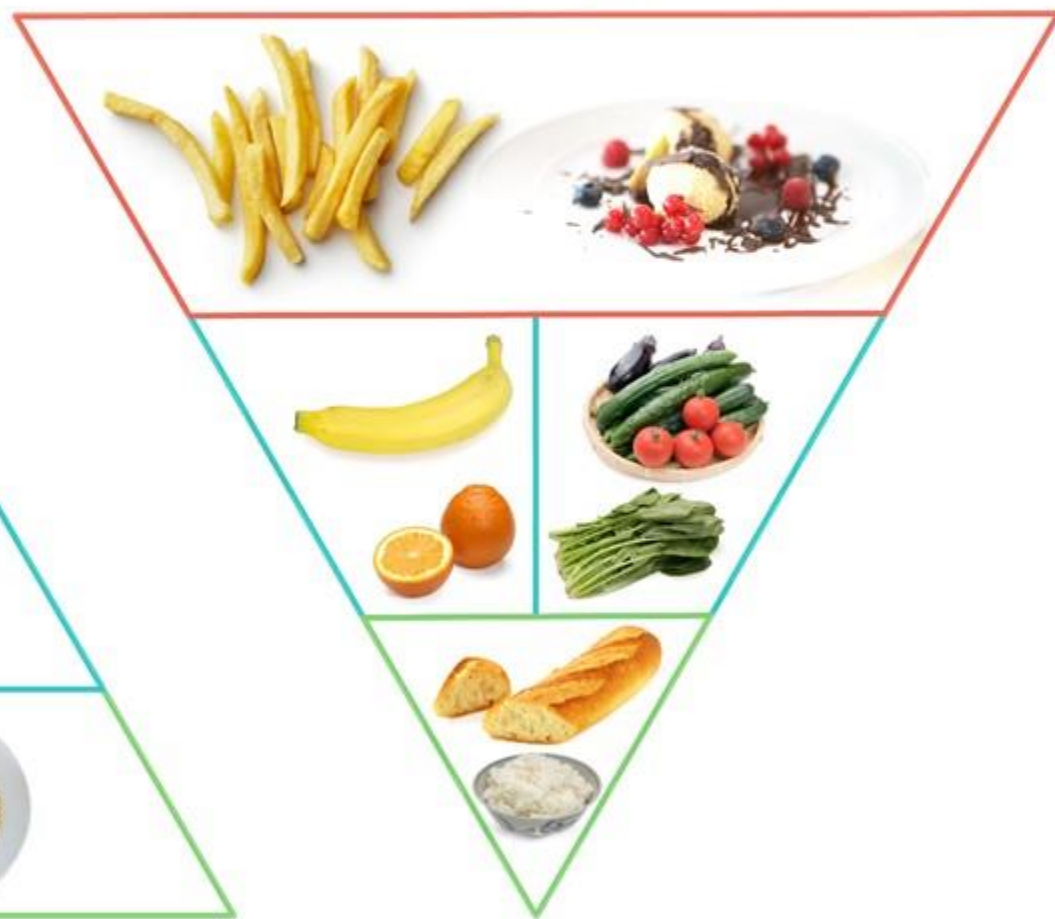


## Fill in the blanks by choosing the correct answer

- 1 There is \_\_\_\_\_ (many; a little) water in the glass.
- 2 We still have \_\_\_\_\_ (any; some) apples in the basket.
- 3 We should eat \_\_\_\_\_ (plenty of; a little) vegetables.
- 4 How \_\_\_\_\_ (many; much) rice should we eat?
- 5 I have \_\_\_\_\_ (a lot of; a little) toys in my room.
- 6 Annie has \_\_\_\_\_ (a lot of; many) homework to do.
- 7 You have \_\_\_\_\_ (many; plenty of) time to read this book.
- 8 There is \_\_\_\_\_ (a lot of; a little) ink in my pen.  
Can you give me \_\_\_\_\_ (some; any) ink?

**Listen and choose the correct food pyramid your teacher describes**

Alice's food pyramid



Annie's food pyramid



## Answer the 2 questions



1. Does Alice have a healthy diet?
2. Please use “a little/some/a lot of” to describe Alice’s food pyramid.

Alice's food pyramid

