

For Advanced Kids Learners

Book 1

Time to Talk

Lesson 25_Say No to Eating Junk



- **Warm-up questions**

How often do you eat these kinds of food?
Why do many children love to eat them?



- Read and learn

Say No to Eating Junk

Once there was a boy named Bob who had a strange **diet**. In the morning, Bob **would eat** a hamburger. For lunch, he would eat pizza and drink soda. When he was bored, he **would grab** a bag of chips and a chocolate bar. During dinner he would eat **instant** noodles.

diet

Food and drinks that someone usually eats and drinks every day.

instant

Happening quickly.



- **Read and learn**

After a few months, Bob became **obese**. His teeth turned black. It was also hard for him to do any sports because of shortness of **breath**. The other children laughed whenever they saw Bob. He got so sad he ate even more.



- Read and learn



One day Bob got sick. The doctor said his heart wasn't doing well anymore. He said it was okay to eat **junk** food, but only sometimes. Our bodies need a lot of **nutrients**, but junk food only gives us fat, sugar and salt. Since then, Bob changed his diet and felt better once again.



junk

Things that have little worth.



nutrients

Something in food that helps people, animals and plants live and grow.

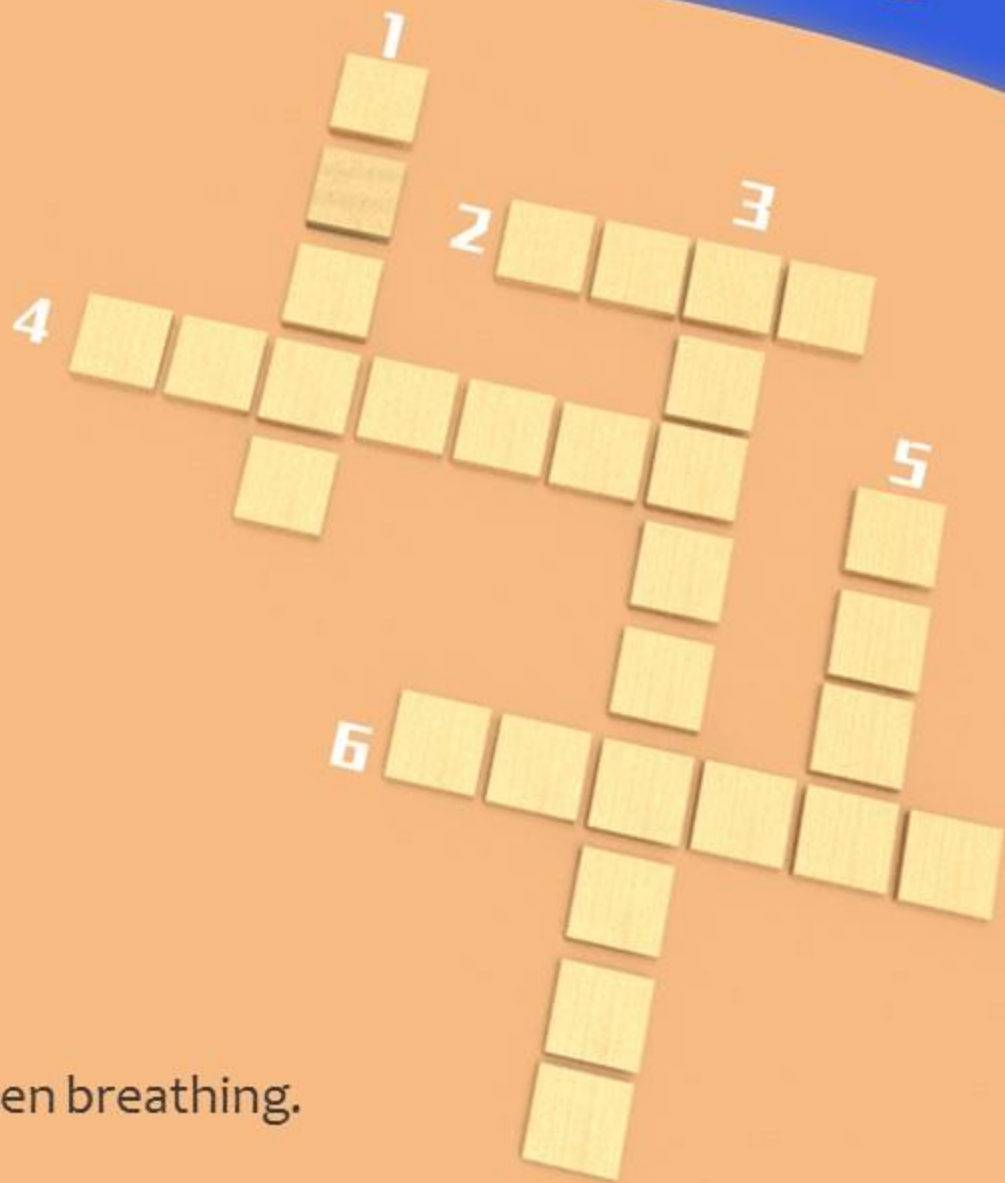
- Use the hints to complete the crossword puzzle.

Down

1. Very fat.
3. Something in food that helps people, animals and plants live and grow.
5. These are the food and drinks that someone usually eats and drinks every day.

Across

2. These are things that have little worth.
4. Happening quickly.
6. This is the air that we take into our lungs when breathing.



- **Grammar**



Would + verb

Used to talk about repeated actions in the past.

Examples

1. In the morning, he **would eat** hamburgers.
2. When he's bored, he **would grab** a bag of chips and a chocolate bar



Fill in the blanks.

1. We used to have a big dog who _____ (lick) us top to bottom, but then got sick and soon died.
2. When the ice cream vendor came, the kids _____ always (scream)for ice cream.

- **Activity**

Answer the questions

1. What kind of diet did Bob have? Can you describe it?

2. What happened to Bob after a few months of eating junk food?

3. According to the doctors, what do we get from eating junk food?

4. Give 5 reasons why we should not eat too much junk food.

