

Unit-7: Be Healthy

Lesson (1-6)

About conversation:

Speaker	Sima&Nasreen
Conversation Topic	Eating healthy food
Nasreen's Regular Food	fruits & vegetables (eat a lot of cucumbers and lettuce)
Nasreen's Favourite Food	Pineapples & banana
Sima's Regular Food	Fruits & Vegetables
Sima's Favourite Food	-Carrots & Tomato -also likes Strawberries & Banana
They're Taking	Ice-cream with Chocolate <ul style="list-style-type: none">• But they do not take it regularly because eating chocolate & ice-cream regularly is not good for health.

Activity

- 1. True/ False. If False give the correct statement.**
 - a. Nasreen likes to have ice-cream with chocolate.
 - b. Ice-cream and chocolate is very healthy.
 - c. Pineapple is a vegetable.
 - d. Sima offers Nasreen chocolate.
 - e. Nasreen eats fruits and vegetable regularly.
 - f. Sima's favourite food is cucumber and banana.
 - g. Nasreen likes strawberries.
 - h. Ice-cream melt quickly in hot weather.
 - i. Nasreen ate Ice-cream and chocolate alone.
 - j. Sima suggested not to have ice-cream regularly.

2. Answer the following questions:

- a. What was Nasreen doing?
- b. What is Nasreen putting chocolate on?
- c. Who offers Sima Ice-cream? What does she suggest her?
- d. What are Sima's favourite food?
- e. What does Sima eat regularly? Are those healthy?
- f. What are Nasreen's favourite food? Are those healthy?
- g. Why doesn't Nasreen eat chocolate regularly?
- h. What is delicious with Ice-cream?

3. Match the column A with column B.

A	B
Delicious	something liked by somebody
Quickly	soften
Favourite	daily
Melt	fast
Everday	tasty

4. Write a short paragraph on “ Your Favourite Food” answering the questions below:

- a. What is your favourite food?
- b. Why do you like it?
- c. Do eat this regularly?
- d. What types of do you take every day?
- e. What other foods do you like?

Grammar Section:

Adverb:

Adverb is a parts of speech that shows how an action is done. The adverb usually comes after the verbs.

Examples:He runs quickly.

She walks slowly.

He's singing happily.

The underlined words above are adverbs.

Activity

Read the following passage and find out the adverbs.

John was singing loudly in his room. After hearing his song, Elle quickly came out from her room and said “sit quietly, tomorrow is my exam, I’m not fully prepared.” “Ok, I’ll sing slowly, you’ll not be disturbed”, John Said.

Use of Should & Shouldn’t

We use Should and Shouldn’t to give advice.

Example: You shouldn’t eat junk food, you should eat vegetables a lot.

You should do your task regularly.

Activity:

Fill in the gaps either ‘should’ or ‘shouldn’t’. First one is done for you.

1. It’s raining. You _____ an umbrella. (take)
Ans. It’s raining. You **should take** an umbrella.
2. You _____ some fruit and vegetable every day. (eat)
3. You _____ the teacher to help you if you don't understand the lesson. (ask)
4. People _____ fast in the town center. (drive)
5. You _____ to bed late at night. (go)
6. We _____ a mask when going out.(wear)
7. We _____ a lot of sweets or oily foods. (eat)
8. You _____ be attentive in your study.