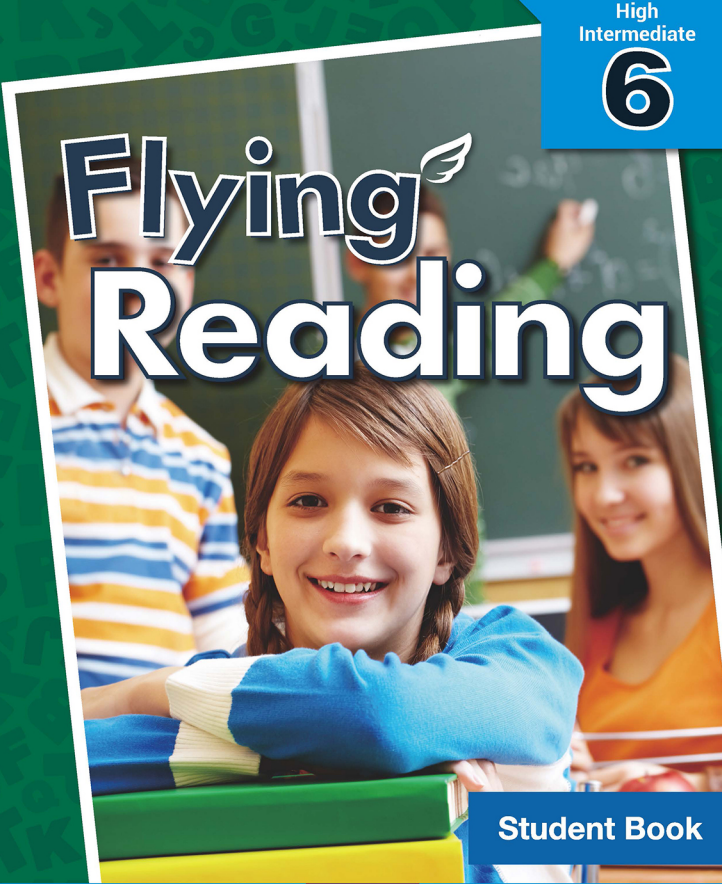


High
Intermediate

6



Flying[🦋] Reading

Student Book

A* List

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A Healthy D i e t



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Unit 1

Science | Informational Article
Project | Diet Report



A Healthy Diet

Think Aloud



Look at the pictures and answer the questions.

- 1 Which boy does NOT look healthy? Why?
- 2 How do you think people can keep their body strong and healthy?



Warm-up Vocabulary

Tr.01

Look at the key words in **blue** and check the correct circles.

- 1 You eat a **balanced** meal to keep (quiet / healthy).
- 2 There are a lot of **carbohydrates** in (rice and bread / fish and meat).
- 3 **Dairy** is food made with (juice / milk).
- 4 Your **diet** is what you usually (eat / wear).
- 5 **Grains** are the (seeds / leaves) of a plant that we eat.
- 6 If you are **keeping in shape**, it means your body is (weak and sick / strong and healthy).
- 7 A **muscle** is a body part that joins two bones and makes them (move / grow).
- 8 There is a lot of **protein** in (meat and eggs / fruits and vegetables).

A Healthy

Tr.02

Diet

A **diet** is what you usually eat. It can make you healthy or sick. Ryan Milan is a soccer player. His diet helps keep him strong and healthy. How does he do that?

Ryan eats a **balanced** diet of all the food groups. First, he eats **grains** like brown rice and **bread**. They have **carbohydrates**, which give him energy. Also, Ryan eats a





- 9 lot of fresh fruits and vegetables. He likes apples, oranges, broccoli, and tomatoes. They have **vitamins** and **minerals**. **They** are good for fighting **illness** and staying healthy. Ryan
- 12 likes milk and yogurt. Milk and yogurt are **dairy** foods. They have a lot of **calcium**. It makes his **bones** strong. He often eats **meat**, too. Meat has lots of **protein**. It helps him build
- 15 strong **muscles**. His favorite kinds are chicken and fish.

With a healthy diet, Ryan can **keep in shape**. Healthy eating is a good way to stay healthy, feel

18 good, and be strong. Why don't you try?



More Vocabulary

bone	meat
bread	mineral
calcium	vitamin
illness	

READING Comprehension

Circle the correct answer.

Main Purpose

- 1 What is the purpose of the passage?
- to tell the importance of a balanced diet
 - to show how to exercise everyday
 - to introduce Ryan Milan

Details

- 2 How does Ryan Milan keep in shape? *Details: How*
- He eats a lot of carbohydrates.
 - He eats foods from all the food groups.
 - He always eats out.
- 3 Which of the following does NOT have protein? *Negative Fact*
- chicken
 - apples
 - fish
- 4 Which of the following helps build strong muscles? *Details: What*
- carbohydrates
 - vitamins
 - protein

Build-up Vocabulary

diet

n. the food that people or animals eat
The cow's **diet** is grass.



v. to eat less food to lose weight
I don't eat sugar when I am **dieting**.



Zoom In on Reference

What does the word **They** refer to?

- fresh fruits
- vitamins and minerals
- milk and yogurt

READING Mapping



Fill in each blank with the correct sentence.

Food Groups

Grains



Fruits and Vegetables

Examples

Brown rice and bread are in this group.

Nutrients

They have vitamins and minerals.

Roles

They give people energy.

They help people fight illness and stay healthy.

Dairy



Examples

Chicken and fish are in this group.

Nutrients

It has calcium.

It has protein.

Roles

It helps people keep their bones strong.

- a. Apples, oranges, broccoli, and tomatoes are in this group.
- b. Milk and yogurt are in this group.
- c. They have carbohydrates.
- d. It helps people build strong muscles.

READING Summary

Circle the number of the sentence that does NOT fit.

① Ryan Milan eats a balanced diet of all the food groups. Carbohydrates in grains give him energy. ② Ryan Milan is a soccer player. Vitamins and minerals in fruits and vegetables help him fight illness and stay healthy. Calcium in dairy foods makes strong bones. ③ Protein in meat helps him build strong muscles. ④ He keeps in shape with a balanced diet.

Let's Talk

What did you have for lunch?

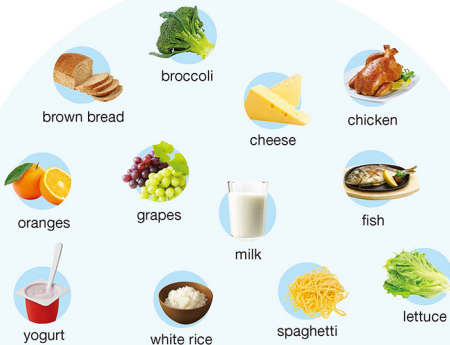
I had



Find Out Which Food Group You Like

Class
Work

A. Look at the food items. Which food groups are they in? Put the food items in the correct food groups on page 15.





Grain Group	Vegetable Group	Fruit Group	Dairy Group	Meat Group

B. Circle five foods you like in the table above.






C. Which food group(s) do you like eating the most?

_____ Group(s)

Find Out What Your Diet Is Like



A. What did you eat in the last three days? Check the circles to show the food groups you ate.

			Two Days Ago	Yesterday	Today
Grain Group	gives me energy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable Group	helps me fight illness		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit Group	helps me fight illness		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy Group	helps me make strong bones		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat Group	helps me build strong muscles		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



B. Complete the table about your diet.



**My
Diet**

How many days did you eat foods from all the food groups?

I ate foods from all the food groups [] day(s) out of three.

Which food group(s) did you eat the least?

I ate foods from the _____ group(s) the least.

Share Your Information and Give Advice



Work in pairs. Talk about each other's diet using the questions in the table above. Then, write your partner's advice on the note.

My Partner's Name:

My Partner's Advice:

You should eat more foods from the _____ group(s), like _____ and _____.

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