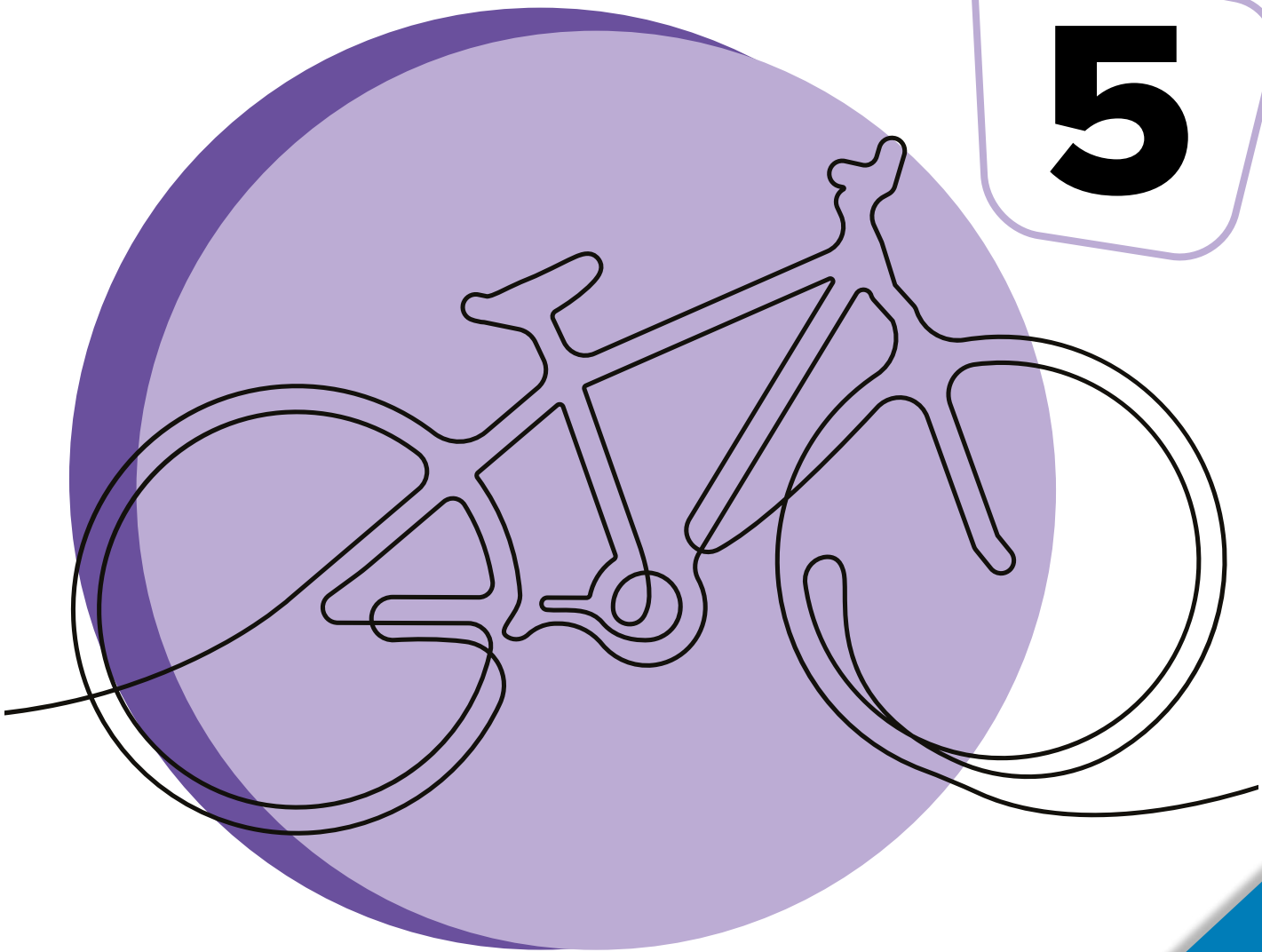


Student Book

All Sports

5



Mc
Graw
Hill

Nico Dantaz • Rachel Finnie

Unit
Sampler

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Glorious Food

1  4.1 Listen and point. Circle what you need to make the food.

2  4.2 Listen, point, and say.

Quick Snacks !



Bake Cookies with Noah Brookes.



countertop

ingredients:

flour,



butter,



sugar



or honey,

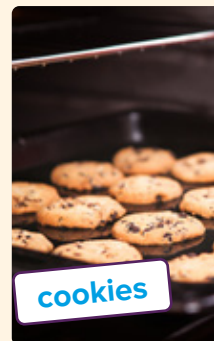


chocolate



recipe:

1. Preheat the oven to 300 degrees.



cookies

Next week ...

Pancakes with a banana and yogurt topping

topping



Fetch your ingredients now !



What's in your favorite food?





3 Look and write instructions.



1 Melt the butter in a pan.



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____



11 _____



12 _____



13 _____



14 _____

4 Read and complete with words from Exercise 3.

My favorite snack is empanadas. It is common in many Latin American countries. It's a dough with filling in it. First, you make the dough with ¹f~~lour~~_____, salt, and some ²s_____. You also need ³b_____ and water to help the ⁴i_____ combine. There are different fillings. The common ones are meat, chicken, or cheese. Empanadas taste and ⁵s_____ delicious. I can eat them every day.



5 Discuss the questions with your partner.

- 1 What is your favorite snack?
- 2 How do you make it?



My favorite snack is ...



I think you mix flour and eggs ...



1 Read and choose the correct option.



You **should** get your ingredients ready first.



You **had better** wash your hands before you begin.



You **should** turn on the oven before making the cookies.



You **had better** not leave them in the oven too long!

- 1 The sentences give advice for the **past / present or future**.
- 2 Sentences 1 and 3 are similar to: "It's a good idea to ..." / "It's a bad idea to ..."
- 3 Sentences 2 and 4 are similar to: "It's important to ..." / "Don't worry about ..."

2 Read and complete the chart.

should (not)

had better (not)

Expressing Advice with *Should* and Warnings with *Had Better*

Subject + <i>Should (Not)</i> + Verb (Base Form)		Subject + <i>Had Better (Not)</i> + Verb (Base Form)	
✓	1 We <u>should</u> turn the oven on.	✓	4 We _____ check the recipe again.
✗	2 You _____ use too much sugar.		
<i>Should</i> + Subject + Verb (Base Form)		✗	5 You _____ make a mess!
?	3 _____ I use eggs in the mixture?		

3 Read and write full sentences.

- 1 Should / use / sugar / mixture? Should I use sugar in the mixture?
- 2 We / better / add / more / water. _____
- 3 You / better / turn / oven / off / when / finish. _____
- 4 You / should / not / mix / water / milk. _____
- 5 We / better / not / forget / add / chocolate. _____
- 6 Should / make / pancakes? _____



4 Listen and read. Circle the advice and underline the warnings.

Chorus

Do you want to bake a cake?
Bake a cake, bake a cake?
You won't make any mistakes!
If you follow my advice.

You should buy all your ingredients
before you begin.
You'd better wash your hands.
You have dirt on your skin!

Chorus

You'd better not forget the sugar
to make the cake sweet.
You shouldn't add too much, though,
so it's not too sweet to eat!

Chorus

You should bake the cake in the oven,
and watch the mixture rise.
You'd better watch the clock,
or you'll get a big surprise!

Chorus

5 Listen again and sing.

6 Look at the pictures and write another verse.

Do you want to bake _____?
Do you want to bake _____?
Follow my advice and _____.

You should _____
because _____.

You'd better _____.

You shouldn't _____.

You'd better not _____.



7 Discuss your advice for making snacks using the words in the boxes.

Verbs

add bake buy fetch make
 put smell wash

Nouns

butter chocolate flour honey
snack sugar sweet yogurt



You should add
honey or sugar to
make a sweet snack.



You'd better wash
your hands before
you start!



1 Look at the pictures. Choose a title.

- 1 Layla's Experiment Goes Wrong
- 2 Layla Bakes at Home
- 3 An Experiment in Cooking Class

Layla arrives at her cooking class, excited to experiment. She puts her ingredients on the countertop, ready to bake.

Layla's friend, Theo, looks at her strangely. "Why did you bring vegetables to class?" he asks. "You know we're baking cookies, right?"

"Sure!" replies Layla. "My cookies will be the best!"

"You'd better not put any broccoli in your cookies!" Theo continues, sticking out his tongue.

Layla tries different flavors. First, she puts in garlic, but a horrible smell fills the classroom. "That was a mistake," she thinks. She puts some new flour and butter into a bowl, this time with onion.

"What's that smell?" asks the teacher. "You should try carrots."

Then Layla remembers the carrot cake she ate for her birthday. Carrots can be in sweet snacks! But she looks at the clock. Only 15 minutes left! She'd better be quick!

Layla fetches the ingredients again and puts in some carrot. She puts her cookies in the oven and waits. A sweet smell starts to fill the classroom, and everyone is interested! When the cookies are ready, she gives everyone a bite.

"You should sell these!" says Theo with cookie around his mouth.



2 Read and listen to check. Then scan the story to answer the questions.

- 1 Where is Layla? Layla is at school, in her cooking class.
- 2 Who is Theo? _____
- 3 What does Theo not want Layla to use?

- 4 What is the first ingredient Layla tries in her cookies?

- 5 Why does the room smell bad?

- 6 What is the teacher's advice?

- 7 How much time does she have to make her carrot cookies?

- 8 What does Theo think of her new cookies?

Language Learning Mindset

Discuss the questions with your partner.

- 1 What do you do if someone makes fun of your idea?
- 2 Is it important to trust your own ideas? Why?
- 3 Why is it important to keep trying even after you fail?
- 4 What can we learn from our mistakes?



1 Look at the picture and answer the question.

What does Gabriel need help with?

- 1 his homework
- 2 his eating habits
- 3 cleaning his room



2 Listen and choose the correct answers.

- 1 Who is the conversation between?
 - a a boy and a teacher
 - b a girl and a parent
 - c a boy and a doctor
- 2 How is Gabriel feeling?
 - a hungry and excited
 - b tired and his teeth hurt
 - c nervous about an exam
- 3 What doesn't Gabriel eat?
 - a breakfast
 - b chocolate
 - c cake
- 4 Why is breakfast important?
 - a It tastes great.
 - b It helps you sleep.
 - c It gives you energy.
- 5 What does Dr. Diaz say about pizza?
 - a You should never eat it.
 - b You should eat it every day.
 - c It's OK to eat it sometimes.
- 6 What does Dr. Diaz say you should do to have a balanced diet?
 - a eat a bit of everything
 - b eat a lot of everything
 - c only eat one thing

3 Use the information to role play a conversation.

Student A

You're feeling sick. You go to the doctor for advice. Think about:

- how you are feeling
- what you normally eat
- what you don't eat

Hi, Doctor. I feel really ill. What should I do?

You'd better sit down. What do you eat?

Yesterday I ate ...

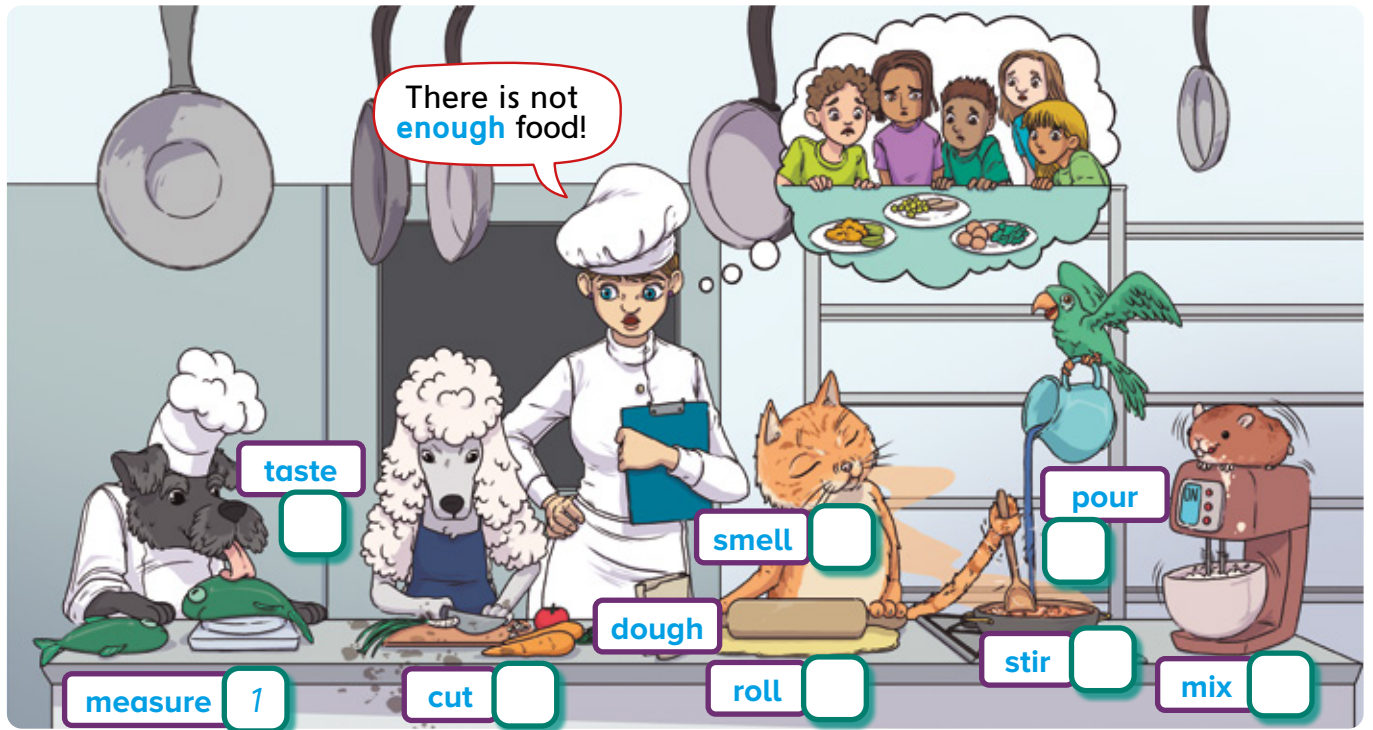
Student B

You are a doctor. Give advice to Student A about their eating habits.

- What should they not eat too much of?
- What had they better avoid?
- What should they eat more of?



1 Look, listen, and order the steps.



2 Listen, point, and say.

3 Look and write possible sentences.



1 Keep stirring while I pour the sauce.

2 _____



3 _____

4 _____

**1 Read and check (✓) or cross (X).**

- 1 The animals are saying facts that are always true.
- 2 The dog says to always stir in salt.
- 3 The parrot says to add water when the sauce is very thick.
- 4 The animals are only talking about this sauce on this day.

☒
☐
☐
☐
2 Read and complete the chart.

Add ~~-add-~~ don't if ~~-if-~~ If use want ~~-want-~~

Zero Conditional	
If + Subject + Verb (Simple Present), Verb Phrase (Simple Present)	
1 <u>If</u> you <u>want</u> a sweet snack, you <u>add</u> sugar.	2 _____ sugar if you _____ a sweet snack.
3 _____ we don't have sugar, we _____ honey.	4 We use honey _____ we _____ have sugar.

3 Order the words to make sentences.

- 1 bake / If / cookies / , / like / cake / . / you don't / a
If you don't like cookies, bake a cake.
- 2 sauce / enough / you / don't / If / , / have / . / add / you / water

- 3 wet / add / flour / . / dough / I / more / if / is / the

- 4 you / . / measure / you / have / , / enough / If / food

- 5 want / snack / if / yogurt / Try / sweet / you / . / a / fruit / with



1 Read the text quickly and answer the questions.

- 1 What kind of text is it? *It is an article found in a magazine.*
- 2 Who do you think it is written for? _____
- 3 What is the main idea? _____

Food and Sports: Dos and Don'ts.

Everyone knows people in sports should eat healthily to stay strong and full of energy. We asked a soccer and a tennis player what they think.

Do:

1 You should drink lots of water. Water is good for your body and keeps you awake. It also helps when your head hurts! If you don't like the taste of water, mix in some fruits or herbs.



2 You should eat enough fruit and vegetables. If you want a snack, you can cut up some carrots or apples.

3 You should use fresh ingredients. They taste better and are healthier!



Don't:

1 You shouldn't skip meals. If you can't eat a full meal, make a small snack.

2 You'd better not eat after 7 p.m. because you won't sleep well. Plan your eating well. If you are still hungry after 7 p.m., eat some fruit or bread and honey.



3 You shouldn't eat meat that smells bad. Old meat can make you sick. If you don't like the smell, you'd better throw it away!

2 Read again and write notes. Then correct the sentences.

- 1 water *You should drink lots of water.*
- 2 fruit _____
- 3 skipping meals _____
- 4 7 p.m. _____
- 5 Eating sugar helps when your head hurts. _____
- 6 You don't sleep well if you eat after 5 p.m. _____
- 7 Meat smells bad if it is fresh. _____

3 Discuss the questions with a partner.

- 1 Do you follow this advice? Why or why not?
- 2 How can you improve your eating habits?
- 3 What other advice can you add to the list?





Word Work and Writing

1 Find the words in the text on page 54. Write sentences. Then think of one more.

Word	Used as a Noun	Used as a Verb
smell	1 <i>If you don't like the smell, throw it away!</i>	2 _____
taste	3 _____	4 _____
_____	5 _____	6 _____

2 Fill out the graphic organizer.



3 Write and draw your article.

Food Advice for _____

Useful Expressions

He/She should/shouldn't ...

He/She had better (not) ...

Don't forget ...



1 Read and answer the questions.

Healthy Eating: The Best Kind of Diet

The best kind of diet is a balanced one. That means you shouldn't just eat salads. You'd better eat a bit of everything if you want to stay healthy. See below the kind of food you should eat.

Vegetables and Fruit

Your plate should be mostly fruits and vegetables. If you don't see a lot of colorful vegetables, add more! Vegetables taste great. Fruits are sweet and make a great dessert!

Starches

You'd better check that you eat enough foods like potatoes, pasta, and rice. These give you energy. If you don't have enough rice, you can have a sandwich with bread! You shouldn't put lots of butter on the bread.

Dairy

Dairy products include milk, yogurt, and cheese. You should have some of this in your diet, but not too much.

Fatty Foods

Foods made of flour, butter, and sugar are fatty foods. You can have small amounts, but not too much. Sweet food often tastes great! But it doesn't make our body healthy. If you want a sweet snack, eat some fruit and yogurt or a little bit of chocolate.

Proteins

Proteins include fish, meat, eggs, and beans. You'd better have some in every meal if you want to be strong. If you don't eat meat, eat beans or eggs instead!



- 1 What does a "balanced diet" mean? *A balanced diet means eating the right amount of everything.*
- 2 What are the three most important food types? _____
- 3 What is the food type we should only eat a small amount of? _____
- 4 What kind of food is pasta? _____
- 5 What protein can you eat if you don't eat meat? _____
- 6 What should you only put a little bit of on bread? _____

2 Discuss the questions with your partner. Then research and present.

- 1 Which food group do you eat the most of?
- 2 Is there any food group you should eat more of? Which one, and why?
- 3 How similar or different is your diet to a healthy diet?



1 Play and answer.

<p>Start / Finish</p>	<p>1 Mention three DON'Ts of a balanced diet.</p>	<p>2 Give your partner advice on how to make your favorite snack.</p>	<p>3 Tell your partner what foods to eat if they don't eat meat.</p>
<p>7 Write your top five tips for making snacks.</p>	<p>6 Tell your partner something they shouldn't do when cooking.</p>	<p>5 Name two senses we use with food.</p>	<p>4 Give your partner five healthy eating tips.</p>
<p>8 Say four actions you do while cooking.</p>	<p>9 Answer. Which ingredient did everyone love in Layla's cookies?</p>	<p>10 Mention three DOs of a balanced diet.</p>	<p>11 Answer. Where in the kitchen can you prepare food and mix ingredients?</p>
<p>Return</p>	<p>14 Explain why breakfast is important.</p>	<p>13 Answer. What are the three most important food groups?</p>	<p>12 Tell your partner what they can make if they want a healthy snack.</p>

Project



Create a pancake recipe.

- Brainstorm different ingredients you like.
- Decide which ones you can use with pancakes.
- Write the list of ingredients you will use and draw them.
- Write and draw the recipe.
- Present your recipe to the group.



A decorative purple banner with a white border, featuring several white bubbles and stars of varying sizes. The word "Tests" is written in a bold, white, sans-serif font.

Tests

Name: _____

VOCABULARY**1 Read and circle the correct option.**

____ / 5 points

- 1 It's Asher's birthday so we are going to **bake** / **recipe** him a special cake.
- 2 The **measure** / **ingredients** for our favorite snack are easy to buy from the store.
- 3 These empanadas taste delicious! You should share the **topping** / **recipe** with everyone.
- 4 Noah had better not forget the **snack** / **countertop** we prepared for our trip to the park.
- 5 What's your favorite pancake **topping** / **taste**, Aiden?

2 Read and complete with the words in the box. There is one extra option.

____ / 5 points

countertop cut enough mix roll taste

- 1 There isn't _____ flour to make the cake. What should we do?
- 2 Can you _____ the secret ingredient in my grandma's cookies?
- 3 Mia should _____ the potatoes before cooking them.
- 4 Don't forget to _____ the egg and flour before you add the milk.
- 5 Lily should help her sister _____ the dough, otherwise it will be too thick.

GRAMMAR**3 Reorder the words to make sentences.**

____ / 5 points

1 use / Kai / the / honey / mixture / should / in / .

2 milk / better / I / more / mix in / had / .

3 look at / before / we / recipe / Should / start / we / the / ?

4 snacks / too / in / shouldn't / You / a day / many / eat / .

5 be late / Evelyn / not / for / dinner / today / better / had / !

4 Read and match.

____ / 5 points

- | | |
|---------------------------------|------------------------------------|
| 1 If you don't like pancakes, | a if you need to. |
| 2 If it tastes bad, | b ask your friends to help you. |
| 3 You follow a recipe | c don't eat it. |
| 4 Add water | d make some cookies instead. |
| 5 If you don't know the recipe, | e if you want to bake a good cake. |

VOCABULARY AND GRAMMAR

5 Read and circle *T* (true) or *F* (false).

____ / 10 points

- Ezra:** Hi, Luna. What are you doing? And what is that smell?
- Luna:** Oh, hey Ezra. Watch out! I'm really busy. You'd better not get in my way. I'm baking something new and very exciting!
- Ezra:** Oh, boy! I can see that. The countertop is full of different ingredients. There's flour, butter, and sugar everywhere. It looks like you made a cake ... but it doesn't smell like a cake. It smells like pizza and hamburgers! So ... what is it?
- Luna:** It's a new recipe I found on the internet. It's nearly ready. You should wait and taste it.
- Ezra:** You had better clean up this mess before Dad gets home. If he sees this mess, he will be angry.
- Luna:** Yes, yes—I know. Can you help me? Then you can taste my new magic pizza burger cake bread!
- Ezra:** Hmm ... I don't know ... it sounds and smells ... horrible!
- Luna:** It's going to be great! I know it is. I baked enough for you, Dad, and Grandma, too. Everyone can try it!
- Ezra:** Oh ... Thanks ... I guess.

- 1 Ezra knows what Luna is doing in the kitchen. **T / F**
- 2 Luna warns Ezra to stay away from her. **T / F**
- 3 There are no ingredients on the countertop. **T / F**
- 4 Ezra thinks Luna made a cake. **T / F**
- 5 Luna followed a new recipe idea. **T / F**
- 6 Dad doesn't mind a mess in the kitchen. **T / F**
- 7 Luna asks Ezra to help her clean up. **T / F**
- 8 Ezra is excited to try the new recipe. **T / F**
- 9 Luna is very happy with her baking. **T / F**
- 10 Everyone in the family can taste the new recipe. **T / F**

TOTAL ____ / 30 points