

Workbook

5



# All **S**orts

**Mc  
Graw  
Hill**

**Nico Dantaz • Rachel Finnie**

**Unit  
Sampler**

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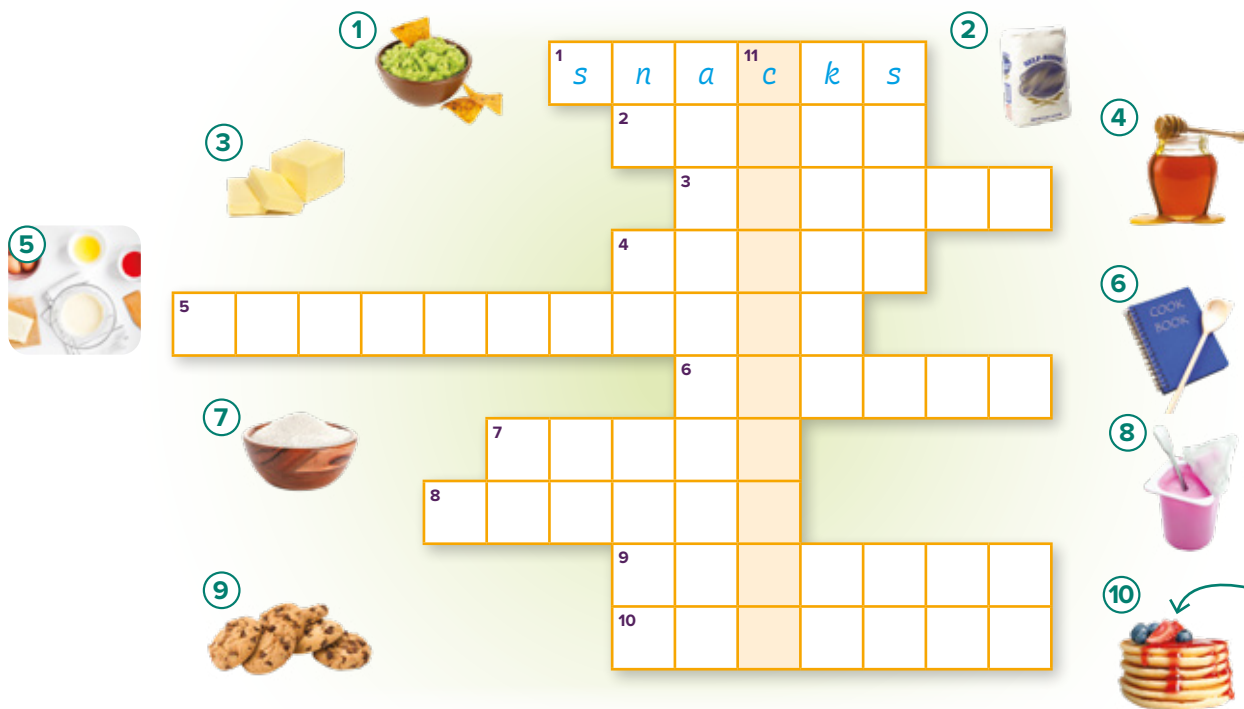


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## Glorious Food

1 Look and complete. Find the secret word.



2 Write a sentence using the secret word in Exercise 1.

3 Complete. Use the words from the box.

bake butter cookie flour honey ~~recipe~~ smell snack sugar topping yogurt

- 1 It gives instructions to prepare food. recipe
- 2 You can put it on toast. \_\_\_\_\_
- 3 These ingredients are white. \_\_\_\_\_
- 4 It is a small meal between regular meals. \_\_\_\_\_
- 5 You use your nose to do this. \_\_\_\_\_
- 6 You put it on top of pizza and other foods. \_\_\_\_\_
- 7 You can have it as a snack. \_\_\_\_\_
- 8 To do this, you cook something in a hot oven. \_\_\_\_\_



## 4 Read and choose the word that doesn't belong in each group.

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 butter / <u>countertop</u> / honey | 2 honey / yogurt / sugar   |
| 3 topping / recipe / ingredients     | 4 cookies / snacks / flour |
| 5 fetch / smell / sugar              | 6 sugar / bake / flour     |

## 5 Read and choose the correct option.

**Luca:** Mom, can you help me make a cake?

**Mom:** Sure!

**Luca:** I want to learn how to bake / cook cakes and cookies!

**Mom:** That's great. First, let's clear some space on the <sup>2</sup>topping / countertop.

**Luca:** All right. Done!

**Mom:** Great job, Luca! Now, let's get the <sup>3</sup>snacks / ingredients.

**Luca:** OK. What do we need?

**Mom:** Let me check the <sup>4</sup>oven / recipe.

**Luca:** OK.

**Mom:** We need flour, sugar, eggs, butter, and milk.

Can you please <sup>5</sup>fetch / buy them?

**Luca:** Sure. Here they are! Do we need anything else?

**Mom:** Yes. We need a little bit of coffee, too. It's in the cupboard.

**Luca:** I found it. Mmm ... coffee <sup>6</sup>smells / feels so good!

**Mom:** It does! Now, let's get started!



## 6 Read and answer the questions.

1 What do you usually eat as a snack?

---

2 What do you usually put on your toast?

---

3 What is your favorite yogurt flavor?

---

4 What is your favorite kind of cookie?

---

5 What recipes can you make with flour? Name three.

---

6 What ingredients do you need to make cookies?

---

Search

Cooking Safety Tips for Children

*Cooking is fun, but being safe in the kitchen is important.*

Follow these safety rules when you cook:

You <sup>1</sup>should / *shouldn't* ask an adult for permission.

You <sup>2</sup>*should* / *shouldn't* cook alone.

You <sup>3</sup>*had better* / *had better not* wash your hands before cooking.

You <sup>4</sup>*had better* / *had better not* lick spoons, plates, or your fingers.

You <sup>5</sup>*should* / *shouldn't* use knives without an adult's help.

You <sup>6</sup>*had better* / *had better not* get an adult to help you use the stove.

You <sup>7</sup>*had better* / *had better not* clean up the mess when you finish.

You <sup>7</sup>*had better / had better not* clean up the mess when you finish.



1. \_\_\_\_\_
2. \_\_\_\_\_

**6** You had better not add honey to the recipe. (should)



## 4 Match the situations to the advice.

- 1 This milk smells bad.
- 2 I'm so hungry.
- 3 I can't cook without Mom's permission.
- 4 I think I'm getting a toothache.
- 5 We must get up early tomorrow.
- 6 I can't remember the recipe!

- a You should make yourself a snack.
- b You shouldn't eat so much sugar.
- c You need to be in bed.
- d You had better talk to her then.
- e You should have a recipe notebook.
- f You had better not drink it.

## 5 Look, read, and write your advice. Use *should*, *shouldn't*, *had better*, or *had better not*.



I cook very badly.

*You had better take cooking classes.*



Mom and Dad don't let me cook.



My cookies always burn.



I'm afraid of cutting my finger



My cake is too sweet.



I never remember the recipes.





1 Look at the pictures and write Layla's story.



Layla and her friend Dylan talk about her carrot cookies, and he says, "Let's sell your carrot cookies!" She says, "That's a good idea! We can make different kinds of vegetable cookies!"







## 1 Listen and choose the correct option.

- 1 Susan Lee is a doctor / teacher.
- 2 She is talking to students / patients.
- 3 She says children should have three / four meals a day.
- 4 She says children should also have two / three snacks a day.
- 5 She says children should / shouldn't have fast food for lunch or dinner.

## 2 Listen again and number the food.

1



breakfast

a



2



morning snack

b



3



lunch

c

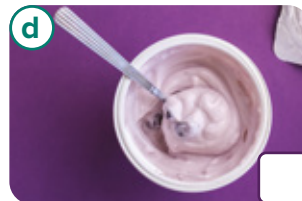


4



afternoon snack

d



5



dinner

e



6



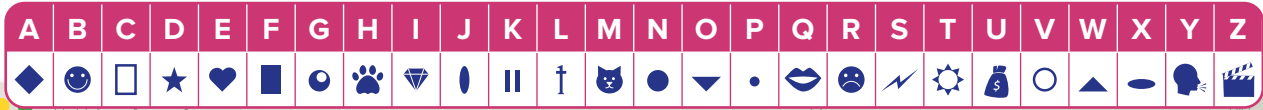
evening snack

f





## 1 Break the code and complete the article.



### How Can Kids Help in the Kitchen?

Even though kids are (👤👶💰👶) <sup>1</sup> young, they can help out an adult in the kitchen. They can help in different ways.



#### 2- to 3-year-old kids can:

- (🐱♥♦️⚡️💰😞♥️) <sup>2</sup> \_\_\_\_\_ dry ingredients
- (🐱♦️👶) <sup>3</sup> \_\_\_\_\_ ingredients with a wooden spoon
- (👶💰😞) <sup>4</sup> \_\_\_\_\_ wet ingredients

#### 4- to 5-year-old kids can:

- Make (★▼\$👶) <sup>5</sup> \_\_\_\_\_ balls with their hands
- (😞▼👶) <sup>6</sup> \_\_\_\_\_ dough
- (👶💰⚡️) <sup>7</sup> \_\_\_\_\_ soft vegetables and fruit with a knife

#### 6- to 10-year-old kids can:

- (⚡️⚡️♦️😞) <sup>8</sup> \_\_\_\_\_ hot mixtures and sauces
- Follow simple recipes
- Prepare simple snacks and meals

## 2 Look, read, and complete. Use the words from the box.

cut    measure    mix    pour    roll    smell    ~~stir~~    taste



<sup>1</sup> Stir the eggs quickly.



<sup>2</sup> \_\_\_\_\_ enough milk to cover the cereal.



<sup>3</sup> \_\_\_\_\_ the dough into a large circle.



<sup>4</sup> \_\_\_\_\_ out the flour.



<sup>5</sup> \_\_\_\_\_ the sauce and add salt and pepper.



<sup>6</sup> \_\_\_\_\_ all the ingredients.



<sup>7</sup> \_\_\_\_\_ the bananas.



<sup>8</sup> \_\_\_\_\_ the bread and eat it.

## 3 Write sentences about what you can and can't do in the kitchen using the words in parentheses.

- 1 (measure / ingredients) \_\_\_\_\_
- 2 (mix / ingredients) \_\_\_\_\_
- 3 (roll / dough) \_\_\_\_\_
- 4 (cut / fruit) \_\_\_\_\_



## 1 Match the columns to make sentences.

- |                               |                              |
|-------------------------------|------------------------------|
| 1 If the oven is too hot,     | a if she doesn't cook it.    |
| 2 You will have a stomachache | b if he cooks it.            |
| 3 If people exercise,         | c the cookies burn.          |
| 4 Grandma doesn't eat food    | d you have to throw it away. |
| 5 My brother eats the food    | e if you eat too much.       |
| 6 If the meat smells bad,     | f they have more energy.     |

## 2 Complete the sentences with the correct form of the verbs in parentheses.

- 1 If you eat (eat) a good breakfast, you have (have) lots of energy.
- 2 If you \_\_\_\_\_ (not beat) the eggs, the pancakes \_\_\_\_\_ (get) flat.
- 3 Dad \_\_\_\_\_ (get) sleepy if he \_\_\_\_\_ (eat) too much for lunch.
- 4 \_\_\_\_\_ (not eat) the food if it \_\_\_\_\_ (smell) bad.
- 5 If the dough \_\_\_\_\_ (not rise), the bread \_\_\_\_\_ (get) heavy.
- 6 If you \_\_\_\_\_ (not measure) the ingredients, the recipe \_\_\_\_\_ (not work).
- 7 The sauce \_\_\_\_\_ (get) too hot if you \_\_\_\_\_ (not stir) it.
- 8 If the ingredients \_\_\_\_\_ (be) old, \_\_\_\_\_ (not use) them.

## 3 Complete the sentences to make sentences that are true for you.

- 1 If I get hungry late at night, \_\_\_\_\_.
- 2 My teacher gets angry if \_\_\_\_\_.
- 3 If I don't do my homework, \_\_\_\_\_.
- 4 My best friend gets happy if \_\_\_\_\_.
- 5 If I want to relax, \_\_\_\_\_.
- 6 My teacher gets happy if \_\_\_\_\_.
- 7 I get bored if \_\_\_\_\_.
- 8 My friends get excited if \_\_\_\_\_.



## 1 Look at the picture and text and choose the best option.

- 1 This text is      **a** an advertisement.      **b** a recipe.      **c** a diet plan.  
 2 The text is about      **a** the best cookie maker.      **b** sugar-free cookies.      **c** homemade cookies.



## Homemade Honey Cookies

### Instructions:

- 1 Preheat your oven to 350°F.
- 2 Measure all the ingredients.
- 3 In a mixing bowl, mix the butter and sugar.
- 3 <sup>4</sup> \_\_\_\_\_ (ropu) in the honey and <sup>5</sup> \_\_\_\_\_ (xim) it well.
- 4 Add the flour to the mixture and <sup>6</sup> \_\_\_\_\_ (tris) slowly.
- 5 Add the yogurt to the <sup>7</sup> \_\_\_\_\_ (goduh) and mix everything.
- 6 Take a small piece of the dough and <sup>8</sup> \_\_\_\_\_ (rlol) it into balls.
- 7 Place the dough balls on a baking sheet.
- 8 Press the <sup>9</sup> \_\_\_\_\_ (ptoping) on top of the cookies.
- 9 <sup>10</sup> \_\_\_\_\_ (kabe) the cookies for about 15 minutes.
- 10 Let the cookies cool for a few minutes and enjoy them!

### Ingredients:

- ½ cup <sup>1</sup> butter (tutber)  
 ½ cup <sup>2</sup> \_\_\_\_\_ (gasur)  
 ¼ cup honey  
 1 cup <sup>3</sup> \_\_\_\_\_ (roflu)  
 ¼ cup yogurt  
 Topping of your choice  
 (nuts, chocolate chips, etc.)

## 2 Order the letters for the words in parentheses and complete.

## 3 Read and write *T* (true) or *F* (false).

- 1 It is a recipe for chocolate chip cookies.   F
- 2 The recipe uses five ingredients and a topping.
- 3 You can't choose the toppings you prefer.
- 4 You need a measuring cup to measure the ingredients.
- 5 All the ingredients are mixed together in a bowl.
- 6 The cookies take a short time to bake.
- 7 The topping is added after baking the cookies.
- 8 You should eat the cookies while they are hot.



## 1 Read, look at the words in bold, and write verb or noun.

- 1 I don't like the **taste** of coffee. noun
- 2 Mmm! The cake **tastes** delicious! \_\_\_\_\_
- 3 I love the **smell** of baking bread. \_\_\_\_\_
- 4 I can **smell** something burning in the kitchen. \_\_\_\_\_
- 5 People shouldn't **snack** between meals. \_\_\_\_\_
- 6 You should take a **snack** to school. \_\_\_\_\_
- 7 They **looked** at the cupcakes and smiled. \_\_\_\_\_
- 8 I'll take a **look** at the cookies to see if they're done. \_\_\_\_\_

## 2 Think about what children should and shouldn't do to have a healthy life. Complete the graphic organizer.

	Food (vegetables, fruit, candy, fast food, meals, snacks, etc.)	Fluids (water, milk, juice, tea, coffee, etc.)	Habits (exercising, sleeping, playing outside, playing video games, watching TV, etc.)
Dos	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Don'ts	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

## 3 Use your notes from Exercise 2 to write an email to a friend who wants to have a healthier life.

New Message

To:

From:

Subject: Advice for a healthier life

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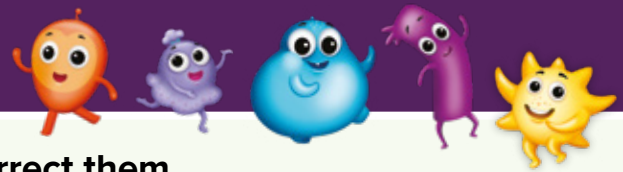
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Send



# Integrated Skills Review



## 1 Listen, cross out the wrong words, and correct them.

Chorus

Do you ~~have~~ to bake a cake? <sup>1</sup> want

Bake a cake, bake a cake?

You won't make any mistakes!

If you follow my advice.

You should get all your ingredients

<sup>2</sup> \_\_\_\_\_

before you begin.

You'd better wash your hands.

You have dirt on your skin!

Chorus

You'd better not forget the honey <sup>3</sup> \_\_\_\_\_

to make the cake sweet.

You shouldn't add too much, though,

so it's not too sweet to eat!

Chorus

You should make the cake in the oven,

<sup>4</sup> \_\_\_\_\_

and watch the mixture rise.

You'd better watch the clock,

or you'll get a big surprise!

Chorus

## 2 Read the text and complete the sentences.

### Help from Faith

Dear Faith,

I'm a happy 10-year-old, but I feel a little unhealthy and I can't play all the sports with my friends. I love eating all sorts of food. I don't like doing exercise much, but I can try. What should I do?

Julian

Dear Julian,

I'm happy you want to make healthy changes. I'm here to help you. You love all sorts of food, so making small changes in your diet can make a big difference. Stop eating cookies and sugary snacks. Choose healthy foods like fruit, vegetables, and meat. They give you energy and help you maintain a healthy weight. Try to be more active, too. Exercise can be fun! You only need to find activities you enjoy. Ride a bike, roller skate, or dance around. Remember, it's about being healthy, and it isn't a competition with anyone else. Believe in yourself. You can do it!

Take care,

Faith

- 1 Julian wants to \_\_\_\_\_.
- 2 Julian had better not eat \_\_\_\_\_.
- 3 Julian should eat \_\_\_\_\_.
- 4 For exercise, Julian should \_\_\_\_\_.



### 3 Listen and match.



- 1 Ella
- 2 Caleb
- 3 Maya
- 4 Nathan



### 4 Read and complete. Use the words from the box.

had better eat nutritious food      had better not eat fast food  
if you don't sleep enough      If you have a healthy diet      ~~should eat healthy food~~  
should exercise regularly      shouldn't sleep

**Dr. Spencer:** Is your diet balanced?

**Kevin:** Well, I know I <sup>1</sup> should eat healthy food but sometimes I have fast food.

**Dr. Spencer:** You <sup>2</sup> \_\_\_\_\_ like fruit, vegetables, and meat. <sup>3</sup> \_\_\_\_\_  
\_\_\_\_\_, you have more energy. And you <sup>4</sup> \_\_\_\_\_.  
It isn't good for your body.

**Kevin:** OK! I'll try to improve my diet.

**Dr. Spencer:** You <sup>5</sup> \_\_\_\_\_, too. Cycling or walking can help you sleep better. How many hours do you sleep at night?

**Kevin:** Five or six hours.

**Dr. Spencer:** That isn't enough. You obviously feel tired <sup>6</sup> \_\_\_\_\_.  
You <sup>7</sup> \_\_\_\_\_ less than 7 or 8 hours a night.

**Kevin:** Thank you, Doctor. I'll do my best to improve these habits!

### 5 Read and color for you.

I can use all sorts of words to talk about food and cooking.	😊	😐	😞
I can use all sorts of future forms to give advice and describe results of conditions.	😊	😐	😞
I can read all sorts of texts about food, cooking, and healthy lifestyles.	😊	😐	😞
I can write about food and healthy lifestyles using all sorts of forms to give advice.	😊	😐	😞
I can listen to all sorts of people talking about food and healthy lifestyles.	😊	😐	😞
I can speak about food and healthy lifestyles using all sorts of forms to give advice.	😊	😐	😞