

Healthy Habits

Cam's Tale: Two Schedules

Eat some apple, Owen! It's a healthy snack.

Thanks, Ava! What else do you do to stay healthy?

Well, I wake up early, at about 7:00 o'clock. Then I go for a walk in the park.

I take a shower, brush my teeth and comb my hair.

I always have a healthy breakfast. I drink milk and carrot juice. It's my favorite juice!

I go to bed early.
Even on weekends!

9:00 PM

Read Cam's Tale and number in order.



☐ go for a walk



☐ have a healthy breakfast



☐ wake up early



☐ brush my teeth

Scottie's schedule from Monday to Sunday:

- morning walk
- 3 healthy meals
- play
- go to bed early

Wow! You're really healthy. And who's Scottie? He's very, healthy, too.

Oh! Scottie's my dog. Come on, Scottie. It's time to play.

Woof!





2 Read again and mark (✓).

Healthy habit		
1. go for a walk		
2. comb hair		
3. brush teeth		
4. go to bed early		

Act out Cam's Tale.



Cam's Song

1 Stand up, line up, sing!  2

Have Healthy Habits!

With healthy habits every day,
Life is better in every way.
Waking up early with the sun
Gives you time for play and fun!

Move your body, take a shower,
When it's still an early hour.
Have a healthy breakfast,
Start your day right,
And brush your teeth morning and night!

Drink lots of water,
To keep in shape.
Have a healthy lunch and dinner,
Don't go to bed late!

3 Sing Cam's Song.  3



**Cam's Values****1 Read and stick.** ★

1. Keep yourself clean.

3. Stay active and drink water.

2. Eat healthy meals three times a day.

4. Go to bed early and wake up early.

2 Read and complete.

Healthy habit	Cam	Me	
1. I brush my teeth	three		times a day.
2. I eat vegetables	three		times a day.
3. Every day, I drink	six		glasses of water.
4. I go to bed at	eight		o'clock.

🗨️ **Talk about how to stay healthy.****Cam's Values Code** I have healthy habits. ☐

Look and stick. ★



Listen and follow. 🔊

2 Read and complete.

1. _____ a day: breakfast, lunch and dinner.
2. _____ during the day. You can drink six or eight glasses.
3. _____ after each meal. Use your toothbrush and toothpaste.
4. _____ and sleep for eight or ten hours.
5. _____ ! You can walk, run or jump.

3 Listen and complete. 5

 in on at before after



1. _____ school



3. _____ the evening



5. _____ weekends



2. _____ the afternoon



4. _____ school



6. _____ night

⊙ Complete using the time phrases above.

1. Noah has a healthy breakfast _____. He eats fruit and he drinks some milk.
2. I have lunch with my family _____. My favorite dish is pasta.
3. I put on my pajamas and I go to bed _____.
4. Lily goes to the park _____. She likes to play soccer with her cousins.



Grammar

I Listen and circle. 6

Jimmy and Josie

They're talking about **an unusual** / **a typical** daily routine.

How was your presentation, Josie?

It was great! I talked about my dad's routine!



Look!

I **run** in the afternoon.
We **don't wake up** late.
He **goes** to bed in the morning.
He **doesn't get up** early.

Read and circle.

We use the simple present to talk about **routines** / **activities that are in progress**.

⊙ Listen again and mark (✓) the true sentences.

1. Josie's dad **doesn't wake up** in the morning.
2. He **takes** a shower in the afternoon.
3. He **doesn't brush** his teeth after breakfast.
4. He **goes to bed** at 7:30 in the morning.

☐
☐
☐
☐



2 Complete using the correct form of each verb.

My blog

Home

Vacations

Books

Guys, let me tell you about my mom's routine. She's a night doctor at the Heart Hospital.

She (1) _____ (not wake up) early,

she (2) _____ (go to bed) in the

morning! She (3) _____ (wake up)

at 6 o'clock in the afternoon. In the evening, we

eat dinner together. We always try to have healthy

meals. My mom (4) _____ (start)

work at 9 o'clock in the evening and she works all

night. She (5) _____ (not take) any

naps. She (6) _____ (come home)

in the morning. Sometimes she's really tired, but

she loves her job.



Post a comment

3 Unscramble the questions.

1. does / start / What time / work / your / dad / ?

2. your / When / friend / does / go / to / the / park / ?

3. does / What time / lunch / your / have / mom / ?

4. TV / watch / When / friend / does / your / ?

⦿ Ask and answer the questions.

Look!

What time **do** you **go to bed**?

I **go to bed** at 8:30 in the evening.

When **does** your friend **have breakfast**?

She **has breakfast** in the morning.

Read and circle.

We use **What time** / **When** to ask a question about a specific hour.

We use **What time** / **When** to ask a general question about time.



Big World,

Small World

Read and complete.

Chad is a big country in Central Africa. It isn't near the ocean, but it has a large lake called Lake Chad. The Chadian flag is blue, yellow and red. The capital city is N'Djamena. Can you find it on the map?

People speak a lot of different languages in Chad—more than 100! But the official languages are French and Arabic. The national symbols are a lion and a goat. In Chad, people play a traditional musical instrument called a *kakaki*. It's like a trumpet and it's three to four meters long!



Country File

Location: _____

Flag: _____

Capital city: _____

Official languages: _____

National symbols: _____

2 Read and match.

1

The Sahara Desert is in the north of Chad. It has volcanic mountains and rocks called the Tibesti Mountains.

2

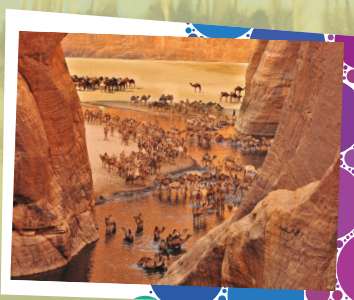
In this desert, there are palm trees. They have delicious fruits called dates.

3

Hundreds of camels go to an oasis called Guelta d'Archei. They drink water there.

4

Elephants, lions, cheetahs and many other wild animals live in this desert.



3 Listen and label.

dates in the market aiyash balls
 peanut and squash stew daraba



1. _____



3. _____



2. _____



4. _____

**Marhabaan!**

My name's
 Arafah. I live
 in the city of
 N'Djamena in
 Chad.

4 Read and complete.

1. A national symbol of Chad
2. The continent where Chad is
3. A musical instrument from Chad
4. A wild animal from Chad
5. An animal that drinks water in Guelta d'Archei
6. Chadian food is very
7. One of Chad's official languages
8. Delicious fruit that grows on palm trees

_____ n

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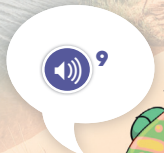
_____ y

_____ c

_____ e

Write the first letter of each word.

Hidden place: _____





Practice

Listen and number.  10



Listen again and complete.

1. Janet _____ (wake up) later on weekends, at 10:00 o'clock.
2. Oliver _____ (eat) cookies and drinks milk in the afternoon.
3. Rita _____ (not drink) a lot of water.
4. Martin _____ (exercise) in the morning.
5. Ava _____ (not have) lunch at home on weekends.
6. Lucas _____ (go) on a school trip to the museum.

2 Ask and answer the questions.

Name _____	
1. What time do you wake up?	
2. When do you exercise?	
3. What time do you have breakfast?	
4. When do you do your homework?	

Speaking

1 Listen, say and write. 11

1. _____ 3. _____ 5. _____
2. _____ 4. _____ 6. _____

2 Listen and read along. 12

Mike always wakes up at night.
He can't sleep long enough,
Because the noises his neighbors make,
Always keep Mike awake.

But in the morning, Mike wakes up,
And he has cereal and milk.
For lunch, he eats his favorite dish,
For dinner, some bread and fish.



◎ Say the rhyme.

Cam's Chat

1 Listen and complete. 13

A: What do you do to stay _____?

B: I _____ three meals a day. And I
drink a lot of _____. And you?

A: I get up _____ and I _____
for a walk.

B: Wow! You're really healthy.

◎ Practice the dialogue.



Pair Work!

STUDENT A

Go to page 143.

STUDENT B

Go to page 147.

Read

Complete the blog.

dinner breakfast early bed movies

My friend Mia has a special routine on Saturdays.

She doesn't wake up (1) _____ in the morning. She wakes up at 9 o'clock. Then she has (2) _____ with her family at 10 o'clock. She loves pancakes!

In the afternoon, she plays outside with her dog Max. In the evening, she has (3) _____ with her family. Then they all watch (4) _____. Her dad makes popcorn! At night, she brushes her teeth and she goes to (5) _____ at 10:30 at night. She loves Saturdays!

Think

2 Read and complete using time prepositions.

Use the time proposition ...	Examples:
1. on + day of the week	She wakes up late on Sundays.
2. at + time / night	She wakes up ____ 9 o'clock. She brushes her teeth ____ night.
3. in + part of the day	She plays outside ____ the afternoon.

Write the correct preposition.

- I comb my hair _____ the morning, before I start school _____ 8 o'clock.
- James goes to bed late _____ Saturdays, _____ 10 o'clock.



Plan

3 Make notes about a friend or a family member's Saturday routine.

Saturday			
Morning 	Afternoon 	Evening 	Night 

Draft

4 Write about his / her Saturday routine using the model in Activity 1.

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🔗 📄

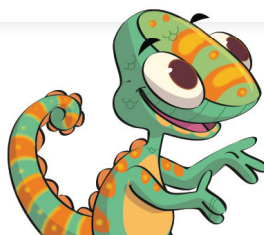
My _____ has a special routine on Saturdays.

He / She _____

Reflect

5 Read and circle.

- | | | |
|--|-----|----|
| 1. The blog describes a friend or a family member's routine. | Yes | No |
| 2. The blog mentions different times of day. | Yes | No |
| 3. I use prepositions of time correctly. | Yes | No |



Continue in your Practice Book, page 16.

Writing