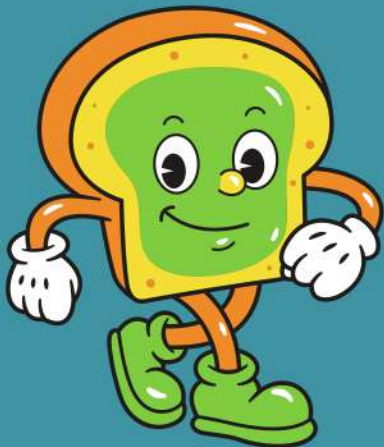


Super English

Level 4 - Unit 6
Food - Lesson 1



Vocabulary



Food - Vocabulary



junk food: food that is not good for our health because it has a lot of sugar, salt, or fat (noun)



Junk food tastes good, but it's not good for us if we eat too much.

Food - Vocabulary



magical: very special or exciting and is better than others; made from magic (adjective)



The magician's wand has **magical** powers that could make things disappear.

Food - Vocabulary



vitamin: something that our bodies need to grow and stay healthy (noun)



My mom tells me to eat fruits and veggies because they have many **vitamins** in them.

Food - Vocabulary



energy: the power or strength that we need to do things like run, jump, and play (noun)



Healthy foods give us more **energy** to play and have fun.

Let's Read!



Healthy Foods



Once upon a time, there was a little girl named Sarah. Sarah loved to eat **junk food** like candy and cake, but she never wanted to eat her fruits and veggies.

Healthy Foods



One day, Sarah's mom took her to a **magical** garden where all the fruits and vegetables grew big and colorful. There, they met a friendly carrot named Charlie. He told Sarah all about the importance of eating healthy foods.

Healthy Foods



Charlie explained that fruits and vegetables are full of **vitamins** and minerals. These are like magical foods that give us **energy** and help us to grow big and strong. Charlie showed Sarah all the different kinds of fruits and veggies she could eat.

Healthy Foods



Sarah was amazed at how delicious everything looked and decided to try some. She took a bite of an avocado and was surprised at how good it tasted! She tried a strawberry and loved it too.

Healthy Foods



From that day on, Sarah decided to eat healthy foods every day. She knows that she can still have candy and cake, but only as a special treat. Now Sarah eats lots of healthy foods and feels strong and happy.

Let's do Grammar!



Present Simple and Continuous

Present Simple
Habits or Regular Actions

I **eat** breakfast **every day**.

We **usually exercise** in the morning.



Present Continuous
happening now or around now

He **is bothering** me.

I **am brushing** my teeth **now**.



Phonics



Long A

"ai" and "ay" make the long a sound

ai

rain
maid
braid
pail
snail
wait

Use "ai" at the beginning or middle of a syllable or word.

Use "ay" at the end of a syllable or word.

ay

play
pray
stay
clay
tray
lay



Super English

See you
Next time!

