

# Super English

Level 4 - Unit 6  
Food - Lesson 2





# Vocabulary





# Food - Vocabulary



**protein:** a part of food that helps us grow, get strong, and stay healthy (noun)



Chicken, beans, and eggs have a lot of **protein**.

# Food - Vocabulary



**greet:** to say hello or welcome someone when they arrive (verb)

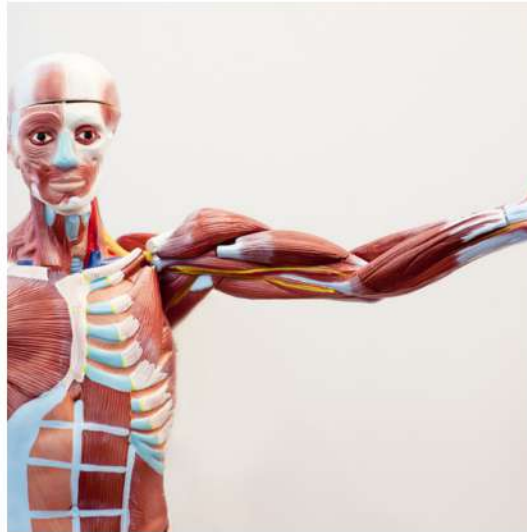


Tani **greeted** her friend with a smile.

# Food - Vocabulary



**muscle:** a part of our body that covers our bones and helps us move (noun)



Our leg **muscles** help us run and jump.



# Food - Vocabulary



**nut:** a hard-shelled fruit or seed (noun)



Almonds are a type of **nut** that make a great snack.

# Let's Read!





# Healthy Foods



A group of boys went on a hike to the Magical **Protein** Forest. As they entered the forest, they were **greeted** by friendly animals who wanted to share their secrets.





# Healthy Foods



First, the boys met Benny the Bear, who loved to eat fish. Benny showed them how fish are full of protein and help build strong **muscles**. Benny wants to grow big and strong like his dad.

# Healthy Foods



Next, they met Polly the Parrot, who shared his love for nuts. Polly told the children that nuts were not only yummy but also packed with protein to help them grow.



# Healthy Foods



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Then, they met Sammy the Snake, who enjoyed eating eggs. Sammy explained that eggs were great for breakfast because they have a lot of protein and keep us healthy.

# Healthy Foods



After that, they met Ted the Tiger, who told them about eating meat. Ted taught them that meat like chicken, pork, and beef, had protein too. These will also keep you strong and healthy.



# Healthy Foods



The boys also met Rosie the Rabbit, who hopped over to talk about plant proteins. Rosie told them that foods like lentils, tofu, and seeds were great plant foods to get protein.

# Healthy Foods



As they left the Protein Forest, the boys felt happy they learned that protein-rich foods would help them grow big and strong. They couldn't wait to go home and start eating all the different proteins.





# Let's do Grammar!



# Present Simple and Continuous

**Present Simple**  
Habits or Regular Actions

I **walk** to school **every day**.

I **usually study** before dinner.



**Present Continuous**  
happening now or around now

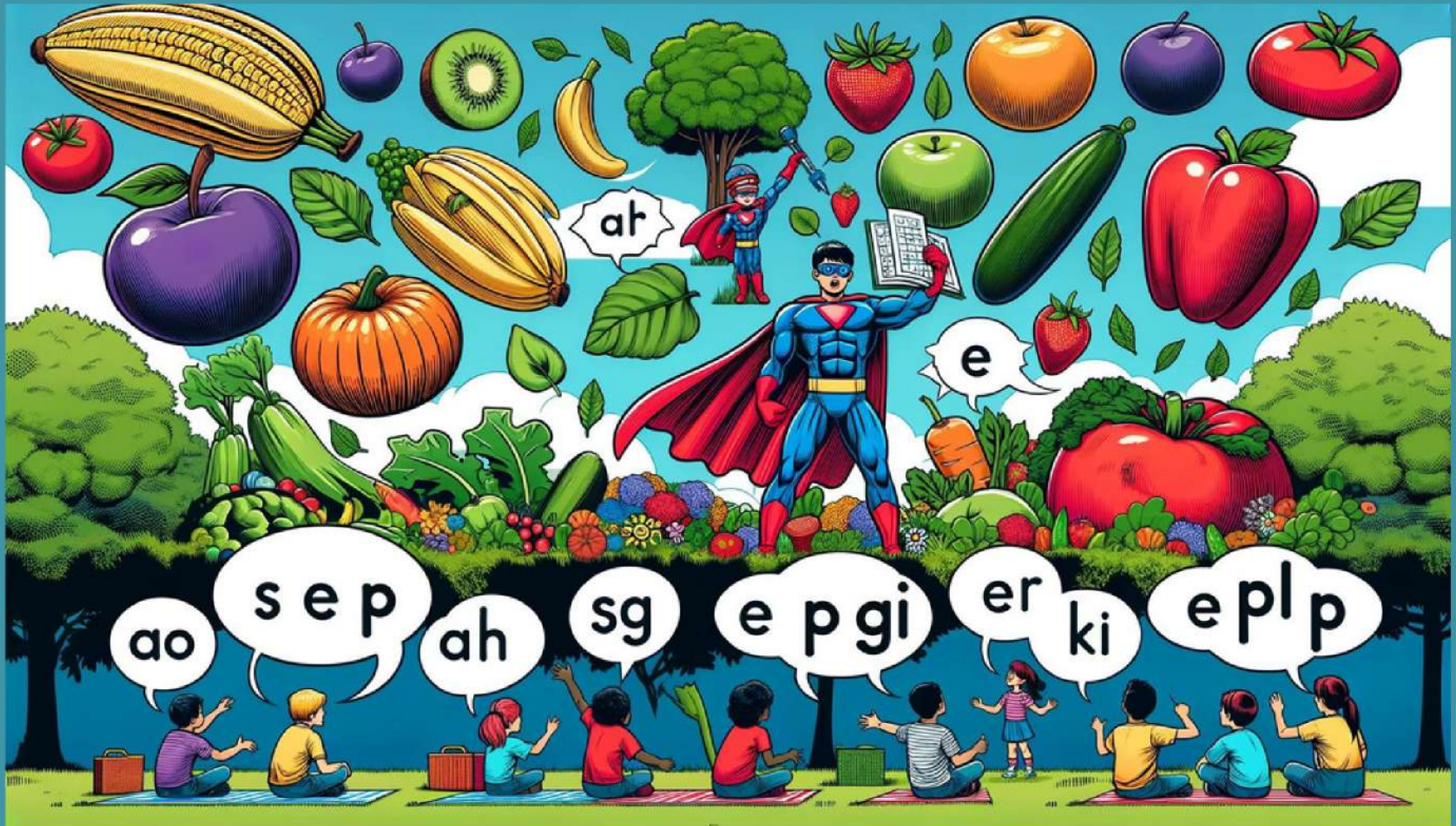
He **is sleeping** now.

I **am walking** to the park now.





# Phonics



# Long A

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

**ai**

complain  
detail  
remain  
explain  
attain  
repair

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

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

**ay**

birthday  
display  
today  
payday  
crayon  
subway





# Super English

See you  
Next time!

