Super English

Level 4 - Unit 18
Markets - Lesson 4

Vocabulary

Super English

Markets - Vocabulary

nutrition: the food necessary for health and growth (n)

In science class, we learned about the importance of **nutrition** in our daily diet.

Markets - Vocabulary

label: a small piece of paper or material attached to an object and giving information about it (noun)

She looked at the **label** on the shirt to find out more information about it.

Markets - Vocabulary

detective: someone whose job is to discover information about things (noun)

The **detective** looked for clues to find out who stole the candy.

Markets - Vocabulary

strange: unusual or surprising; difficult to understand or explain(noun)

It was very strange to see two apples growing together.

Let's Read

Super English

Supermarket Sleuths

"Hey kids! Have you ever played the 'Healthy Choice **Detective**' at the supermarket? No? Well, let's put on our detective hats and learn how to spot the healthiest foods!"

Supermarket Sleuths

Nutrition Know-How

First stop, the world of **Nutrition**! "What's nutrition?" you might wonder. It's all about the good stuff in food that keeps you running like a superhero. When you pick up a snack, check the nutrition **label** on the back. It's like a secret code that tells you how much sugar, fat, and vitamins are inside. Less sugar and more vitamins mean you're on the right track!

Supermarket Sleuths

Organic Option

Next, let's hop over to the land of Organic produce. "What's organic?" you ask. Well, it means the food was grown without any funny business – like **strange** chemicals. Organic fruits and veggies might look like their regular buddies, but they have a special superpower: they're grown in a way that's friendlier to our planet. So, choosing organic is not just good for you, but also for Mother Earth!

Supermarket Sleuths

Label Legends

Now, to the arena of Labels! Labels are like little signs on food packages. They tell you what’s inside. Some foods shout, "I'm gluten-free!" or "No added sugar here!" Reading labels is like being a detective; it helps you make smart choices about what you’re eating.

Supermarket Sleuths

Choice Champions

Lastly, let's talk about Choices. Supermarkets are like treasure maps with lots of paths. They put yummy snacks right at the front or at eye level, so you see them first. But being a Choice Champion means looking around and finding the hidden treasures, healthy snacks – like nuts, fruits, and whole-grain bread.

Supermarket Sleuths

So, young detectives, next time you're at the supermarket, remember these tips. Be a nutrition know-how, remember organic options, look out for labels, and check out your choices. Happy healthy shopping!

Grammar

Super English

Fill in the blanks with the correct verb tenses.

1. Where did you buy your shoes?

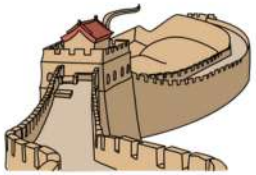
   I _____ them online.

2. Is your brother studying for his exams?

   Yes, he _____ in his room right now.

3. Have you ever seen the Great Wall of China?

   No, I _____ seen it.



1. Who were they talking to before class started?

   They _____ to the new student

Phonics

Suffixes

The suffixes ‘cial’ and ‘tial’ make the ‘shul’ sound.

cial

precocial

nonjudicial

sacrificial

nonracial

multiofficial

interprovincial

tial

quintessential

presidential

torrential

preferential

impartial

substantial

Super English

Super English

See You Next time!