

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.

READING



Sweet Choices

Sarah was a little girl who loved food. She loved candy, cake, and chips. She ate junk food every day after school. Crunch, crunch. Yum! But she did not like vegetables. She pushed peas away. “Nope,” she said. When she ran outside, she felt tired fast. Her legs felt slow. She sat down and sighed. Playing was hard today.



1. How did Sarah feel when she played outside?
2. Would you rather eat candy or chips?

The Garden

One sunny day, Sarah's mom took her to a magical garden. Big fruits and vegetables grew everywhere. Red tomatoes! Tall carrots! Sarah's eyes went wide. "Wow!" she said. A happy carrot named Charlie waved hello. He smiled and talked. Charlie told Sarah about food and her body. He said good food helps kids grow and feel strong.



1. What did Sarah do on this day?
2. Would you rather visit a food garden or a candy shop? Why?

GRAMMAR



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Present Simple and Continuous

Present Simple
Habits or Regular Actions

Present Continuous
happening now or around now

I **eat** breakfast **every day**.
We **usually exercise** in the morning.

He **is bothering** me.
I **am brushing** my teeth **now**.



UNLOCKING WORDS



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

PICTURES



What do you see?

Practice describing the pictures.





**See you
next time!**