

Lesson 1

What are the Five Senses?

1 Read and answer.

How many senses do we have?
Why are they important to us?



2 Listen, look, and repeat.



3 Read the sentences and complete with the words in the box.

hear - taste - see - touch - smell

- | | |
|---------------------------|----------------------------|
| 1. I with my eyes. | 2. I with my ears. |
| 3. I with my nose. | 4. I with my tongue. |
| 5. I with my hands. | |

Think

How do the senses help us learn about the world?

"Let's Talk About Our Senses"

4 Listen and read.

Ms. Mona and the students are talking about the five senses.

Ms. Mona: Good morning, children! What a beautiful day in the school garden.

Sami: Good morning, Ms. Mona! What will we learn today?

Ms. Mona: Today, we'll learn about our amazing **senses**.

Salma: What are senses, Ms. Mona?

Ms. Mona: Senses help us **understand** the world around us—like **sight**, **hearing**, and **smell**.

Sami: I can **hear** birds singing!

Ms. Mona: Yes! That's your sense of **hearing**. What else can we use?

Salma: I can **smell** the flowers and **see** the colorful butterflies!

Ms. Mona: Excellent, Salma! Those are your senses of **smell** and **sight**. Senses also help us stay **safe**.

Sami: Ms. Mona, how do our senses help us stay safe?

Ms. Mona: That's a great question, Sami! For example, if we **smell** smoke, we know there's a fire.



5 Listen again and answer.

1. Where are Ms. Mona and the students?

.....

2. What can Sami hear?

.....

3. What sense do we use to see butterflies?

.....

4. How can our senses help us stay safe?

.....

1
Lesson

6 Listen and match.

- | | |
|---------------|--|
| 1 I taste ... | a. music and voices with my ears. |
| 2 I touch ... | b. colors and shapes with my eyes. |
| 3 I smell ... | c. flowers in the garden with my nose. |
| 4 I hear ... | d. delicious food with my tongue. |
| 5 I see ... | e. soft and hard things with my hands. |

7 Read and circle. What senses do you use in these situations?

1. There's a huge tree:

- a. sight
- b. hearing
- c. smell

2. There's a flower:

- a. taste
- b. smell
- c. hearing

3. There's a loud noise:

- a. smell
- b. touch
- c. hearing

4. Trying to find something in your bag:

- a. taste
- b. touch
- c. hearing

8 Ask and answer. Work with your partner. Take turns.

What can you (see/hear/smell/touch) in your classroom?

How does your sense of touch help you stay safe?



Lesson 2

Healthy Habits

☆ 🔍 Look at the pictures. Then, answer.



1. Which habit do you think is healthy?
2. What healthy habits do you practice?

📖 Read the text.

My Healthy Day

Sarah is a healthy 10-year-old girl. She follows good **habits** every day to stay strong and healthy.

In the **morning**, Sarah wakes up early at 6:00 a.m. She **brushes** her teeth and washes her face. **Next**, she does some simple exercises in the garden.

For **breakfast**, Sarah eats healthy food. She drinks orange juice and eats eggs and brown bread. These foods give her **energy** for the day.

At school, Sarah drinks plenty of water between classes. She plays sports with her friends during break time.

In the **afternoon**, Sarah does her homework first. **After that**, she helps her mother in the garden. They grow fresh vegetables together.

For **dinner**, Sarah eats lots of vegetables and fruits. These give her important vitamins. She doesn't eat too many sweets.

In the **evening**, Sarah takes a shower and brushes her teeth again. She **goes to bed early** at 8:30 p.m. She sleeps for 9 hours every night. Getting enough **sleep** helps her body stay healthy and her **mind** stay **sharp**.

Sarah's healthy habits help her feel good and do well at school. She has lots of energy to learn, play, and enjoy her day!



Think

Why is a good night's sleep important to us?

2
Lesson

3 Read and Write T (True) or F (False).

1. Sarah wakes up late every day. ()
2. She eats eggs and brown bread for breakfast. ()
3. She drinks plenty of water at school. ()
4. She helps her mother in the kitchen. ()
5. She goes to bed at 10:00 p.m. ()



4 Choose the correct answer from a, b, c or d.

1. Sarah does exercises in the
a. room b. garden c. school d. library
2. For breakfast, Sarah drinks
a. tea b. orange juice c. milk d. coffee
3. In the afternoon, Sarah
a. watches TV b. plays video games
c. does her homework d. goes to sleep
4. Sarah's healthy habits help her
a. feel good b. eat enough food
c. make friends d. win competitions

5 Read, think, and answer.

1. Why does Sarah eat healthy food?
2. How do healthy habits help Sarah at school?
3. Who does Sarah help in the afternoon?



6 Work in groups. Discuss and role-play.



My healthy habit is getting enough sleep at night.
What's your healthy habit?

Language in use



Present Simple

- We use the **present simple** to talk about **daily habits** and **routines**.
- To make the affirmative form:
 - We use *I, you, we, they*, or a **plural noun** followed by the infinitive form of the verb.
 - **Example:** Some children **play** sports after school.
 - We use *he, she, it*, or a **singular noun** followed by the infinitive form of the verb + **-s/-es/-ies**.
 - **Example:** He **plays** football every day.
 - **Example:** He **brushes** his teeth every day.
 - **Example:** She **carries** her backpack every day.

  Read and write the correct form of the word(s) between brackets.

1. She (**take**) vitamins every morning.
2. My brother and I (**watches**) TV in the evening.
3. My sister (**study**) English every day.
4. The nurse (**help**) sick people.

  Look at the picture. Then, write a complete sentence.



(He/read/the morning)

.....



(The girls/TV/every day)

.....

Lesson 3

Story Time
Goha's Great Meal

  Listen and read.

One morning, Goha was walking through the **market**. He was very **hungry**, but didn't have enough money to buy **food**. Suddenly, he smelled something wonderful. The yummy smell was coming from a **restaurant's** window. Goha stopped and sat outside the **restaurant**. He closed his eyes and took a deep breath.

"Ah," he said. "This wonderful smell makes me feel less hungry!"

The restaurant **owner** saw Goha and asked, "What are you doing?"

Goha said, "I'm enjoying the smell of your delicious soup."

The owner was **greedy**. He said, "You can't smell the soup for free! You must pay for it!"

Goha thought for a moment. Then, he took out a few **coins** from his pocket. He shook them in his hand, and they made a **jingling** sound.

"Here," said Goha. "If you want money for the **smell of your soup**, then you can take the **sound of my coins**."

The owner laughed at Goha's clever answer. "Come inside," he said. "Let's **share** this soup. Good food tastes better when shared with others!"



Think

Why does food taste better when it's shared?

2 Look at the bold words in the story. Then, match them to their meanings.

1 owner	a. to give some of what you have to others
2 jingling	b. always wanting more than what is needed
3 share	c. wanting to eat
4 hungry	d. someone who has something
5 greedy	e. a light, ringing sound

Tip

The story elements are:

- **Characters:** the people and animals in a story
- **Setting:** the time and place of a story
- **Plot:**

Beginning -Meet the people/Know the place

Problem -Something goes wrong

Middle -The character tries to fix it

Climax -The most exciting part

Ending -The problem is solved

3 Work in pairs. Read the story and complete the chart.



Characters

.....
.....



Setting

.....
.....



Lesson

4 Read and Write T (True) or F (False).

1. Goha felt less hungry after smelling the delicious soup. ()
2. The owner of the restaurant was happy to see Goha enjoying the smell of the soup. ()
3. Goha paid the owner a few coins for the smell of the soup. ()
4. The owner was impressed by Goha's clever response and invited him inside to share the soup. ()
5. The owner believed that good food tastes better when shared with others. ()



5 Read and complete the summary with the words in the box.

smell - coins - restaurant - share

One day, Goha was hungry but didn't have enough money to buy food. He smelled delicious soup from a (1)..... He sat outside, enjoying the (2)..... of it. The owner asked Goha to pay for the smell. Goha cleverly offered to pay with the sound of his (3)..... The owner laughed and invited him in to (4)..... the soup.

6 Read, think, and answer.

1. Why did Goha sit outside the restaurant?
2. How was Goha clever in solving the problem?
3. What lesson do we learn from this story?




7 Work in groups. Write 2-3 sentences about "Sharing with others".

.....

.....

.....

 **Pronunciation**

 **Read and learn.**

Short vowel sounds are pronounced quickly and not pronounced as their letter name, like the "a" in "hat".
Long vowel sounds are pronounced the same way as their letter name, like the "a" in "plate".

 **Listen, look, and circle the correct word.**



 1 feed - pot	 2 plate - cat	 3 home - hot
 4 hat - heat	 5 pen - bean	 6 rat - feed

 **Read, sort, and write the words from activity 2.**

<div style="border: 1px solid orange; padding: 5px; display: inline-block;">Short vowels</div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div>	<div style="border: 1px solid orange; padding: 5px; display: inline-block;">Long vowels</div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div> <div style="border: 1px solid orange; height: 20px; width: 100%;"></div>
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 **Listen and complete with long vowel words.**



1. Hany went and changed into his best clothes.
2. The children their cat in the morning.
3. I washed the after dinner.

Lesson 4

Writing
Sequence Words

1 Think and answer.



How can you stay healthy?



My Healthy Life

Having a daily routine is important. Let me tell you about my healthy habits and how they help me stay strong.

Every day, I follow the same routine. **First**, I wake up early at 6:00 a.m. and brush my teeth. I wash my face and get dressed for school. **Next**, I have a healthy breakfast, including milk and fruit.

Then, I go to school, where I study and play with my friends. During break time, I eat a healthy snack and drink water. **After school**, I have lunch with my family.

After that, I do my homework and then play sports for one hour. In the evening, I take a shower and have dinner. **Finally**, I go to bed at 9:00 p.m. because sleeping early keeps me healthy.

2 Read and order the events using sequence words.

First - Next - Then - After that - Finally - After school

1., I wake up early at 6:00 a.m. and brush my teeth.
2., I go to school, where I study and play with my friends.
3., I have a healthy breakfast, including milk and fruit.
4., I go to bed at 9:00 p.m.
5., I do my homework and then play sports for one hour.
6., I have lunch with my family.

Tip!

Sequence words help us show the order of actions or events. They tell us what happens at the beginning, in the middle, and at the end. They are:

First, ... Next, ... Then, ... After that, ... Finally, ...

3 Fill in your daily routine.

First : First,

Next :

Then :

After that :

After school :

Finally English teachers all over Egypt

4 Work with a partner. Show your writing and ask for their daily routine.



This is my daily routine. What's yours?

I wake up early and brush my teeth. Then,...



Think Why is sequence important?

Lesson 5

Think and Create
A Presentation

1 Prepare a presentation about healthy eating habits. Share your presentation with the class.

1. Speak clearly and slowly so your friends can understand you.
2. Share your presentation with the class.

Make sure to ...

- Use clear headings.
- Add pictures.
- Keep the text simple.
- Speak for 3-5 minutes.



2 Give your feedback: Circle stars (1-5) to rate. Add a comment if you need to.

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1 star= poor
2 stars= fair
3 stars= good
4 stars= very good
5 stars= excellent

"Good job"
"Excellent"
"Well done"
"Please speak louder"
"Work a little harder"

1st group



2nd group



3rd group



 **Quick Review**

1 Complete the sentences.

1. I use my eyes to

.....



2. I use my ears to

.....



3. I use my nose to

.....



4. I use my tongue to

.....



5. I use my hands to

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2  Read and correct the underlined mistakes.

1. We sees with our eyes.
2. Ali eat healthy food every day.
3. My sister and I sleeps early every night.
4. Layla drink water every morning.

3 Write about three healthy habits you do daily.

1.
2.
3.



Self - Assessment

Now I can ...

Identify the five senses.



I got it



I'm not sure



I need help

Say these sounds:

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short vowels

(a) → /æ/ hat

(o) → /ɑ:/ pot

(e) → /e/ pen

long vowels

(a) → /eɪ/ plate

(o) → /ou/ home

(e) → /i:/ feed



I got it



I'm not sure



I need help

Talk about daily habits and routines.

- Examples:

- I **play** sports **after school**.
- He **brushes** his teeth **every day**.



I got it



I'm not sure



I need help