



UNIT 5 FOOD AND HEALTH

(Textbook Year 5 page 52 and 53 Date: 13 July 2021)



Objective: I can summarize a text.

Section A : Listen to the audio and choose the correct answer according to the audio.

Bahagian A: Sila dengar dengan teliti dan pilih jawapan yang betul berdasarkan kandungan audio tersebut.

click this



a	What do they have for lunch?
b	Do they ever eat any different foods?
c	What's their typical day?
d	Is it healthy?



The sports interview ... **SUMO STYLE**



A	Those sumo wrestlers are big! How much do they weigh?
B	Most top wrestlers weigh more than 140 kilos. The heaviest are around 190 kilos.
A	Is it a popular sport?
B	Well there aren't many sumo wrestlers these days. It isn't a healthy lifestyle.
A	(1) _____
B	They get up early and train from 5 a.m. until about 1 p.m.
A	What do they have for breakfast?
B	They don't have breakfast—so they're hungry at lunchtime and they eat a lot!
A	(2) _____
B	They have a special dish called <i>chankonabe</i> . There's a lot of meat or fish in <i>chankonabe</i> and there are also a lot of vegetables.
A	(3) _____
B	Well. It's full of vitamins and there isn't much fat in it, but they eat enormous quantities – sometimes six or seven bowls – and then maybe five bowls of rice.
A	But they exercise a lot.
B	Yes, but not after meals. After lunch they sleep, then they get up and eat more <i>chankonabe</i> .
A	(4) _____
B	Yes, some eggs, salads, some desserts maybe ; but always <i>chankonabe</i> . So, if you want to be sumo size, eat and sleep a lot. If not, maybe do sports which are healthier!



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(Textbook Year 5 page 54

Date: 13 July 2021)



Objective: I can summarize a text.

Section B: Listen to the audio again and complete the summary with the words below.

Bahagian B: Sila dengar dengan teliti dan pilih jawapan yang betul.

Simple texts on a range of familiar topics

click this



eat	is	before	healthy	mornings	sleep	isn't	after	unhealthy	afternoons
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The lifestyle of sumo wrestlers 1) _____ normal. The food which they eat is 2) _____, but they 3) _____ a lot. They also sleep a lot in the 4) _____ and they don't exercise 5) _____ meals.

Section C: Find the meaning of the words below. Use a dictionary or Google search.

Bahagian C: Cari makna perkata berikut menggunakan kamus atau carian Google.

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|-----------------------------|----------------------------|
| 1. train /tren/ | 12. wretling /res-ling/ |
| 2. dish/dish/ | 13. different/dif-fren/ |
| 3. vitamins /vai-te-mins/ | 14. typical/tipikel/ |
| 4. enormous /ey-no-mes/ | 15. salad /sey-led/ |
| 5. bowls /bols/ | 16. unhealthy/an-hel-thi/ |
| 6. desserts /di-zerts/ | 17. heaviest /hey-vi-yest/ |
| 7. wrestlers /res-lers/ | 18. breakfast /brek-fes/ |
| 8. lifestyles /laif-stails/ | 19. lunchtime /lanch-taim/ |
| 9. meals /mils/ | 20. fat/fet/ |
| 10. weigh /wei/ | 21. sometimes /sam-taims/ |
| 11. healthier /hel-ti-yer/ | |