



# 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.



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?



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 *chankonabe*. There's a lot of meat or fish in *chankonabe* 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 *chankonabe*.

A (4) \_\_\_\_\_

B Yes, some eggs, salads, some desserts maybe; but always *chankonabe*. 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.

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/