

## LESSON 26

### BEFORE YOU READ

Circle Yes or No. *Chọn Yes hoặc No*

1. Are there guidelines for school lunches in your country? Yes No
2. Do elementary schools in your country give free lunches to children? Yes No

### READ

Read the following article. Pay special attention to the affirmative and negative statements with **must** and **have to** in bold.

Children need good nutrition. The United States has the National School Lunch Program to give children well-balanced meals. Schools in this program **must** follow guidelines. They **must not** serve children a lot of fat, sugar, or salt. They **must serve** food from each of these five groups: protein (for example, meat, fish, or beans), vegetables, fruit, grains and bread, and milk.

Some families don't make much money. These families **have to** pay a small amount (less than fifty cents per lunch). Children from very low-income families **don't have to** pay for a school lunch at all. Some families have enough money and **have to** pay the full price. But it isn't expensive. It's usually less than three dollars.

Parents **must fill out** an application to get free lunch for their children. They **must tell** the truth about their family income.

Children **don't have to eat** the school lunch. They can bring a lunch from home.



A school lunch of a sandwich, milk, carrots, celery, nuts, and an apple

### DID YOU KNOW?

In the United States, over 30 million children participate in the National School Lunch Program.

**nutrition** (n) chất dinh dưỡng  
**program** (n) chương trình  
**follow** (v) theo  
**fat** (n) chất béo  
**protein** (n) chất đạm  
**low** (adj) thấp  
**fill out** (v.p) điền vào  
**celery** (n) cần tây

**national** (adj) quốc gia  
**balanced** (adj) cân bằng  
**guideline** (n) hướng dẫn  
**salt** (n) muối  
**grain** (n) hạt, ngũ cốc  
**income** (n) thu nhập  
**truth** (n) sự thật  
**nut** (n) hạt

**lunch** (n) bữa trưa  
**meal** (n) bữa ăn  
**serve** (v) phục vụ  
**each** (pro) mỗi  
**pay** (n) thanh toán  
**less than**: ít hơn  
**bring** (v) mang theo  
**participate** (v) tham gia

**COMPREHENSION** Based on the reading, write T for true or F for false.*Dựa vào bài READ, Ghi T cho câu đúng và F cho câu sai.*

- \_\_\_\_\_ The National School Lunch Program helps students get good nutrition.
- \_\_\_\_\_ School lunches cost the same amount for everyone.
- \_\_\_\_\_ The National School Lunch Program pays for lunches that students bring from home.

**WORDS TO KNOW**  6.2

<b>nutrition</b>	Children need good <b>nutrition</b> . They need to eat healthy food, such as fruits and vegetables.
<b>balanced</b>	A <b>balanced</b> lunch has items from each food group: protein, fruit, vegetables, grains, and milk.
<b>guideline</b>	The National School Lunch Program makes <b>guidelines</b> . They tell the schools what to serve.
<b>serve</b>	Schools give children lunch. They <b>serve</b> lunch every day.
<b>fat</b>	French fries and potato chips have a lot of <b>fat</b> . They are not good for you.
<b>grain</b>	We use <b>grains</b> to make bread.
<b>tell the truth</b>	<b>Tell the truth</b> on the application. Don't give false information.
<b>income (n.)</b>	Their <b>income</b> is \$30,000 a year.
<b>low-income (adj.)</b>	They are a <b>low-income</b> family.
<b>amount</b>	Fifty cents is a small <b>amount</b> of money.
<b>less than</b>	The lunch costs \$5.25. It's <b>less than</b> \$6.00.

**LISTEN**Listen to the sentences about the article. Circle True or False.  6.3*Nghe các câu phát biểu về phần READ. Diền vào chỗ trống rồi chọn True cho câu đúng và False cho câu sai.*

- School lunches \_\_\_\_\_ True False
- All children \_\_\_\_\_ True False
- \_\_\_\_\_ milk. True False
- The lunch must come \_\_\_\_\_ True False
- School \_\_\_\_\_ True False
- Parents must \_\_\_\_\_ for a \_\_\_\_\_ lunch program. True False
- Children \_\_\_\_\_ True False
- \_\_\_\_\_ bring lunch \_\_\_\_\_ True False

**EXERCISE 1** Fill in the blanks with one of the verbs from the box.*Điền vào chỗ trống với 1 trong những động từ trong hộp*

be	fill out	tell	sign	pay <input checked="" type="checkbox"/>	serve
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1. The lunch is not free for everyone. Some families must pay.
2. The school must serve a nutritious lunch with protein, vegetables, fruit, grains, and milk.
3. Parents must fill out an application for the school lunch program.
4. Parents must sign the application.
5. Parents must tell the truth about their family income.
6. School lunches must be well balanced.

**EXERCISE 2** Read the application for the school lunch program below. Then change sentences 1-10 from imperative statements to statements with *must* or *must not*.*Đọc đơn đăng ký cho chương trình ăn trưa tại trường dưới đây. Sau đó viết câu mệnh lệnh dạng khẳng định hoặc phủ định với *must* hoặc *must not*.***Application for Free and Reduced-Price Meals**

To apply for free and reduced-price meals for your child(ren), you must fill out this form and sign it.  
Use a black or blue pen.

**PART 1:** List the name(s) of your child(ren) at school.

NAME(S) OF CHILD(REN) LAST NAME, FIRST NAME	AGE	SCHOOL	GRADE	CLASS
1.				
2.				
3.				

**PART 2:** List the names of all adult household members and their monthly incomes.

LAST NAME, FIRST NAME	MONTHLY INCOME
1.	
2.	
3.	

**PART 3:** Signature and Social Security Number. I certify that all the above information is true.

SIGNATURE OF PARENT OR GUARDIAN	MAILING ADDRESS
SOCIAL SECURITY NUMBER	PHONE NUMBER

FOR SCHOOL USE ONLY Date Received: \_\_\_\_\_ Date Approved: \_\_\_\_\_

application (n) đơn đăng ký  
adult (n) người lớn  
signature (chữ ký)  
guardian (n) người bảo hộ

reduced-price: giảm giá  
household (n) thành viên  
certify (v) cam đoan  
receive (v) nhận

sign (v) ký  
monthly (adj) hàng tháng  
information (n) thông tin  
approve (v) phê duyệt

1. Print your answers. / \_\_\_\_\_ *You must print your answers.*

2. Don't use a pencil. / \_\_\_\_\_ *You must not use a pencil.*

Giải thích ví dụ: Câu 1: Nhìn phần dẫn chứng gạch chân màu xanh \_\_\_\_\_, để fill out - điền được vào đơn thì phải in mẫu đơn ra mới điền được => Chọn must.

Câu 1: Nhìn phần dẫn chứng gạch chân màu vàng \_\_\_\_\_, họ yêu cầu dùng black or blue pen - bút mực đen hoặc xanh => Không được dùng pencil - bút chì => Chọn must not.

3. Fill out the application. / \_\_\_\_\_

4. Sign your name. / \_\_\_\_\_

5. Don't print your name in Part 3. / \_\_\_\_\_

6. Don't write in the last box. / \_\_\_\_\_

7. Write your monthly income. / \_\_\_\_\_

8. Don't use a red pen. / \_\_\_\_\_

9. Don't give false information. / \_\_\_\_\_

10. Write your Social Security number. / \_\_\_\_\_