



LESSON SUMMARY

Vocabulary

CD 19

Word/Phrase	Meaning	Example
cafeteria (n) /kæfə'triə/	a small restaurant where you choose food and pay before taking away	I would like to have healthy food in my school cafeteria .
brain food (n phr.) /'breɪn fu:d/	a kind of food which boosts the brain	There are many kinds of brain food , such as fish oil, dark chocolate, eggs and broccoli.
principal (n) /'prɪncɪpəl/	the person who is in charge of a college, a university or a school	He is the principal of our school.
smoothie (n) /'smu:ði/	a creamy drink made of fruit and/or vegetables blended with milk, sugar and ice	This type of smoothie is good for your skin. It's made with avocado and milk.
nut (n) /nʌt/	a dried fruit with a hard shell	Eating more nuts is good for the brain.
effectively (adv) /ə'fektɪvlɪ/	in a way that produces a successful result	We can effectively lose weight by exercising.

Writing

A request letter

(1) Write your address and the receiver's address.

(1) Wendy Lee
4567 Elf Avenue
Westminster

(2) Write a greeting.

Mr. Marsh
123 West Street
Westminster

(3) Say who you are and why you are writing.

(2) Dear Mr. Marsh,

(4) Introduce the problem.

(3) My name is Wendy Lee and I am in class 7E. I am writing to ask you to provide us with more healthy food in the cafeteria.

(5) Give useful solutions.

(4) I could find some healthy food on last year's menu, such as salad, fruit juice or fish soup. But I now feel worried because these foods are off the menu. What I can only see now is just fried chicken, French fries, and soft drinks. I don't think those options are healthy. Over time, they can cause health problems like obesity or heart disease. (5) As a student at our school, I hope to have our healthy food back on the menu.

(6) Ask the reader to do something.

(6) I hope that you will listen to us and make changes to the current situation.

(7) Finish the letter with a farewell and your name.

(7) Sincerely,
Wendy Lee

PRACTICE



Vocabulary

a. Write a suitable word or phrase from Lesson Summary next to each definition.

- 1 You can serve yourself food or drink in this area.
- 2 Most children enjoy this kind of drink.
- 3 This kind of food includes nuts, chocolate and oily fish.
- 4 This means *in a way to get the expected results*.
- 5 This is the head of a school.

b. Complete the sentences with the words or phrases from Exercise a.

- 6 Children have to learn how to communicate _____.
- 7 This _____ is great for your skin. The avocado and coconut water will keep you hydrated.
- 8 When he sees the _____, he crosses his arms and greets him politely.
- 9 I'll meet you in the _____ opposite the bank during our lunch break.
- 10 When people talk about _____, fatty fish is often at the top of the list.



Listening

a. Listen to an interview with David Chang. Circle the correct options. 

- 1 David Chang is _____.
A a chef B a food expert C a doctor D a book publisher
- 2 David's book is mainly about _____.
A a teenager B teenagers' food choice C teenage lifestyles D teenagers' study
- 3 Teenagers tend to have _____ fast food and soft drink.
A a little B some C lots of D too much
- 4 David says teenagers have to study more at learning centers _____.
A after school B on weekends C after relaxing time D on weekdays
- 5 _____ the problems can affect teenagers' health.
A None of B One of C Two of D All of

b. Listen again. Fill in each gap with ONE WORD. 

- 6 Bad eating _____ make teenagers become overweight _____.
- 7 Too much study can cause bad eyesight, stress and lack of _____.
- 8 Teenagers should learn how to manage their time and spend more time on _____ activities.
- 9 Many teenagers choose to _____ in bed after studying rather than exercise.
- 10 Lack of exercise causes many health risks, so teenagers should do _____ such as yoga, aerobics or walking.



Reading

a. Read the letter from Wendy Lee to Mr. Darcy Oaken. Give short answers to the questions.

Wendy Lee

1080 Elf Avenue
California

Mr. Darcy Oaken

123 East Street
California



Dear Mr. Darcy Oaken,

My name is Wendy Lee, and I am a teenage resident in your county. I am writing to ask you to limit the number of fast-food restaurants that serve unhealthy food. Now, there are twelve fast-food restaurants in our area. They only serve unhealthy food, such as soda, hamburgers, and other fast food. That gets me and other teenagers to buy and eat them almost every day. This can also affect people's health in the area. As a county mayor, I believe you should limit the number of fast-food restaurants and encourage them to include more vegetables in their menus. There should be an age limit, too. Children under ten cannot buy soda, hamburgers, or fried chicken without parents' notice. Please listen to us and make changes to the current situation.

Sincerely,

Wendy Lee

- 1 To whom does the letter address? _____
- 2 Who is the sender of the letter? _____
- 3 How many fast-food restaurants are there now? _____
- 4 What food should the restaurants add to their menus? _____
- 5 Who shouldn't buy fast food on their own? _____

b. Read Mr. Oaken's response to Wendy. Circle the correct options.

Dear Wendy,

I'm Darcy Oaken, Mayor of the county.

Thank you 6) _____ your letter. I agree that it is important to have good health. Fast food can be 7) _____, so it is difficult for young people to say no to it. However, eating fast food for a long period of time is not good for our health. According to official records, there are 8) _____ overweight people in the county. That is now a 9) _____. I agree that we should limit the number of fast-food restaurants and have more 10) _____ food stores throughout the county.

Thank you and let's wait to see the changes.

Sincerely,

Darcy Oaken

6 A for	B to	C at	D in
7 A difficult	B delicious	C hard	D easy
8 A much	B a lot of	C any	D a little
9 A key	B answer	C solution	D problem
10 A bad	B junk	C healthy	D unhealthy



Speaking

Which of the following foods are healthy or unhealthy? Why?



soda



red meat



ice cream



water



instant noodles



fruit



French fries



I think fruit is healthy because it has a lot of vitamins.

Writing

a. Complete the request letter using the phrases or sentences in the box.

Andy Tran
12 Oak Street
Ryde NSW 2112

Brian Richardson
607 Dennis Ave

Dear 1) _____,

My name is Andy Tran, and I am in Class 7F. 2) _____.

Our school's cafeteria serves food such as fast food and soda.

3) _____. As a principal, you should decide what food the cafeteria will serve and add healthier options to the menu.

4) _____. Please listen to us and provide us with healthier food.

5) _____.

Sincerely,

Andy Tran



- A Mr. Richardson
- B I look forward to hearing from you
- C They are not good for students
- D I am writing to ask for healthy food in the cafeteria
- E We want to promote a healthy lifestyle at our school



b. You are not happy with the food at your school cafeteria. Write a letter requesting a change to healthier food. Write 60-80 words or more.

Handwriting practice lines for writing a letter.

In my writing,
I use correct...

- vocabulary
- grammar
- spelling
- punctuation
- linking words



Answer key



- Vocabulary _____ /20 pts.
- Listening _____ /20 pts.
- Reading _____ /20 pts.

- Speaking _____ /10 pts.
- Writing _____ /30 pts.

Total _____ / 100 pts.