



# 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! |



# UNIT 5 FOOD AND HEALTH

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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 |
|-----|----|--------|---------|----------|-------|-------|-------|-----------|------------|

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/  |                            |