

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. 6.1

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

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

LISTEN

Listen to the sentences about the article. Circle *True* or *False*.  6.3

Nghe các câu phát biểu về phần READ. Điền 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 ✓	serve
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- The lunch is not free for everyone. Some families must pay.
- The school must _____ a nutritious lunch with protein, vegetables, fruit, grains, and milk.
- Parents must _____ an application for the school lunch program.
- Parents must _____ the application.
- Parents must _____ the truth about their family income.
- School lunches must _____ 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) hằng 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. / _____