# 5 Busy Students

## Lesson I Activities

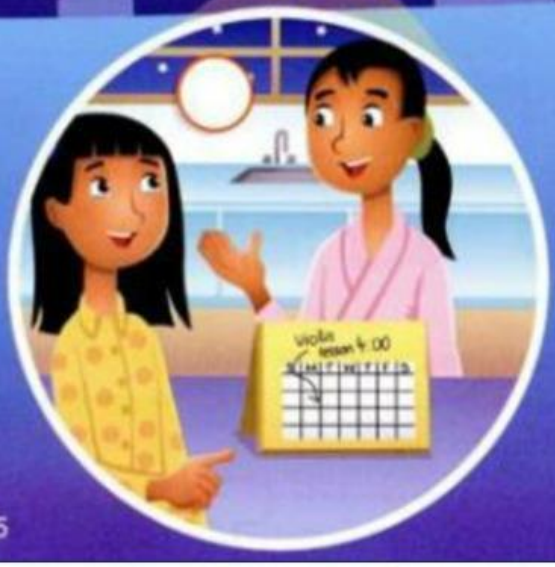
**A** Listen, point, and say. 02

1. wash my hair
2. take a shower
3. floss my teeth
4. check my calendar
5. pack my schoolbag
6. iron my clothes

**B** Listen and number. Then talk about the picture. 03












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## C Listen and say. Then practice. 04

I always wash my hair before I go to bed.

always usually often

sometimes rarely never

1. 

2. 

3. 

4. 

5. 

6. 

## D Listen, ask, and answer. Then practice. 05

Do you wash your hair before you go to bed? Yes, I always / No, I rarely | do.




What do you do before you go to bed? Talk with your partner.



## E Look at B. Point, ask, and answer.

Does he pack his schoolbag before he goes to bed?

Yes, he always does.



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# Lesson 2 **Adverbs**

**A** Listen, point, and say. 06

1. slowly
2. quickly
3. carefully
4. carelessly
5. quietly
6. loudly

**B** Listen, ask, and answer. Then practice. 07

How is she walking? She's walking slowly.

She's = She is






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## C Listen, ask, and answer. Then practice. 08

Is he walking slowly or quickly? He's walking slowly.

He's = He is




## Skills Listening & Speaking

## D Listen. Then answer the questions. 09

1. How is the boy eating?
   a. He's eating quickly.
   b. He's eating loudly.
   c. He's eating slowly.

2. How is Ted writing?
   a. He's writing quietly.
   b. He's writing carefully.
   c. He's writing carelessly.

3. How is the girl talking?
   a. She's talking quietly.
   b. She's talking loudly.
   c. She's talking carefully.

4. How is Jan walking?
   a. She's walking quickly.
   b. She's walking carelessly.
   c. She's walking slowly.

## E What about you? Ask and answer.

1. Do you write carefully in English?
2. How do you eat your favorite food?
3. How do you shop for a birthday present?
4. Talk about how you get ready for school in the morning.






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# Lesson 3 Reading

**A** Talk about the story. Then listen and read. 10

## The Recital



Julie is taking violin lessons with her teacher, Mr. Miller.

"Your **recital** is in two weeks, Julie," says Mr. Miller. "Practice every day for forty-five minutes, and I think you'll be ready."

That week, Emma comes over to Julie's house every day after school. They play video games, design clothes, and listen to music. Julie doesn't practice her violin very often.



A week later, Mr. Miller listens to Julie play. He looks worried. He tells Julie she's not ready for the recital.

"Did you practice every day for forty-five minutes?" he asks.



"Well, **almost** every day," says Julie.

Emma calls Julie that night. "Are you ready for your recital?" she asks.

"No, I'm not. I still need to practice," says Julie.

Julie practices for an **hour** each day. At the recital, she plays beautifully. Her parents are **proud** and so is Mr. Miller. Julie thanks him for telling her to practice. She learns that to be really good at something, she has to work hard at it!






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## B Read and circle.

| | | | |
|---|---|---|---|
| 1. | At the recital, Julie plays carelessly. | True | False |
| 2. | Mr. Miller tells Julie to practice every day for forty-five minutes. | True | False |
| 3. | When Emma calls, Julie isn't ready for her recital. | True | False |
| 4. | Before the recital, Mr. Miller thinks Julie plays well. | True | False |

## C Sing. 11

### Did You Practice Every Day?

Are you ready for your recital?
No, I'm not. I still need to practice.
Did you practice every day?
Well, almost every day.
Almost every day?
Almost every day.
Almost every day?
Well...

Are you ready for your competition?
Yes, I am. I practiced all week.
Did you practice every day?
Yes, I practiced every day.
Practiced every day?
Practiced every day!
Practiced every day?
Yes!

## D Listen and say. Then act. 12

Are you ready for your recital?

No, I'm not. I still need to practice.

Yes, I think so. I practiced all week.

What do you often practice? Talk to your partner.





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# Lesson 4 Your Health

Health

**A** Watch the video.

**B** Listen, point, and say. 13

| | | |
|---|---|---|
| 1 successful | 2 exercise | 3 possible |
| 4 balanced meal | 5 habit | 6 early |

**C** Listen and read. 14

## How to Be a Healthy Student

Students have busy lives. They often have activities after school, and they usually have a lot of homework. To be a happy and successful student, you need to stay healthy. Here are three things you can do.

| | |
|---|---|
| once | a day |
| twice | a week |
| three times | |

### 1. Exercise



Students often sit at their desks, so it's important for them to exercise, too. Try to get some exercise once or twice a day. When possible, go for a walk or ride your bike to school. You could also join a sports team.

### 2. Eat Good Foods



Pizza and ice cream taste good, but it's important to eat balanced meals three times a day. Be sure to eat enough fruit and vegetables. Eating breakfast is good for you, too.

### 3. Have Good Habits



Healthy habits are important. Floss your teeth once a day. Take a shower often and go to bed early. Always get enough sleep. It can help you do better at school and on tests!



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## D Answer the questions.

1. What are three ways to stay healthy?
2. How often should you exercise?
3. What kind of meals should you eat?
4. How can sleep help you?



**Skills Tip**

Skim the reading for main ideas. To skim something, read it quickly to look for the important points.

## E Fill in the chart.

| Your Healthy Week | Sun. | Mon. | Tues. | Wed. | Thur. | Fri. | Sat. |
|---|---|---|---|---|---|---|---|
| Go for a walk | | | | | | | |
| Ride a bike | | | | | | | |
| Eat fruit | | | | | | | |
| Eat vegetables | | | | | | | |
| Eat breakfast | | | | | | | |
| Floss your teeth | | | | | | | |
| Take a shower | | | | | | | |
| Get enough sleep | | | | | | | |

## F Look at E. Ask and answer.

How often do you go for a walk?

I go for a walk twice a week.

Watch the video. What types of healthy habits do you have in your country? Make a list with a friend.



## G What about you? Ask and answer.

1. How much sleep do you usually get?
2. What's your favorite way to exercise?
3. What did you eat for breakfast this morning?

## H Look at the poster. Talk about it.



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