A healthy body

1 Watch the video. Answer the questions.

mission

Make a health plan



How do you stay healthy?



go to the doctor



do yoga



drink water

30

My Mission Diary Activity Book page 30

Listen. How did Ivan cut his finger?



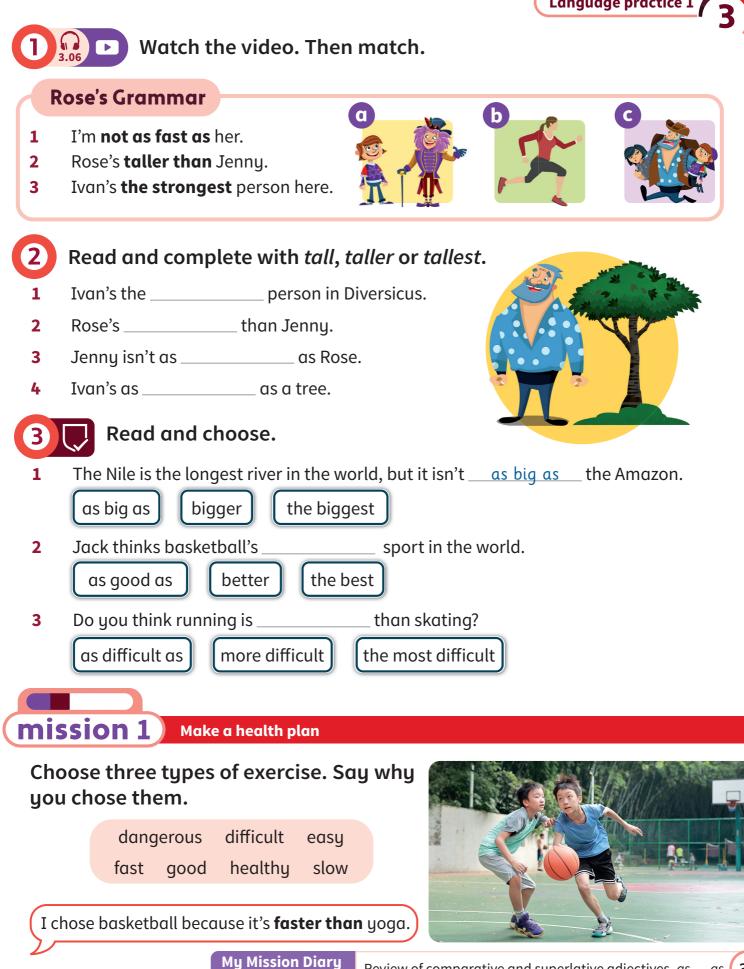


Listen and say yes or no.



Write two sentences about the picture.





Activity Book page 30

33

Review of comparative and superlative adjectives, as ... as



Listen and match. Then sing the song.

They're all sick, They're all ill. They're all ill, They're all sick. Doctor, Doctor, Please be quick!

What's the problem? What's the matter? What's the problem? What's the matter?

He's got a **cough** And a **temperature**, She's got a **sore throat** And a **cold**.

Chorus

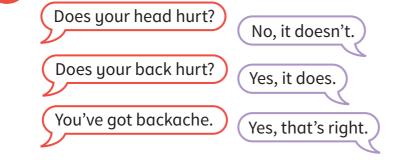
My back hurts. I've got a **backache**. My stomach hurts. Ooh **stomach-ache**.

Chorus

2



Play the guessing game. Ask and answer.



Listen. Write the words.



34

1 11 3.09

Health problems



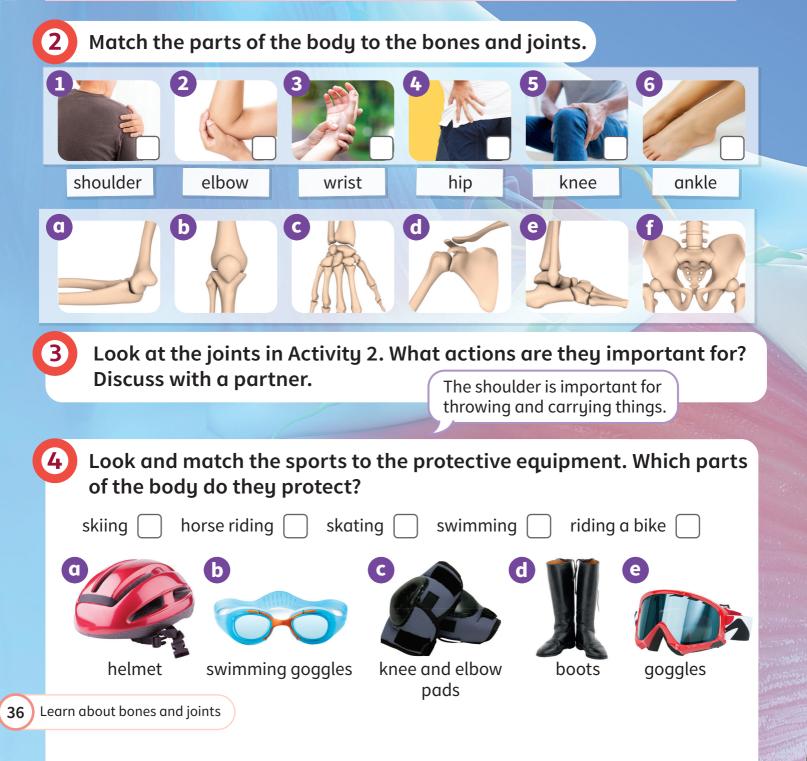


Cross-curricular

Work your body

Watch the video. Then read the text. Answer the questions.

Did you know there are over 200 bones in our bodies? Bones shape our body and hold us together. Between each bone we have a joint. Joints help us to move. It's important to protect our bones and joints, especially when we're doing sports and other activities.



Culture

What exercises can make our body and joints stronger? Talk to a partner.

(,)) 3.13

Listen and read. Then follow the instructions with a partner.



On this beautiful island, yoga is very important. The people here use it to exercise and stay healthy. It's a great way to stretch your body and make your joints and muscles strong. At our centre, you can do yoga in our relaxing rooms, in the sunny garden, or on the beach! Here are a few moves we practise. Why don't you try them?

TREE POSE

Stand on one leg. Bend the other knee and put your foot on



your other leg. Put your hands together above your head. Hold the position for ten seconds and breathe.

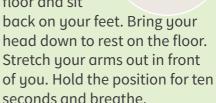
FLOWER POSE

Sit on the floor. Bend your legs. Put one foot on

top of the other. Put your hands on your knees and close your eyes. Hold the position for ten seconds and breathe.



Kneel on the floor and sit



Look at the picture. Tell your partner how to do the pose using the words in the box.



Think about ways to relax. Add them to your health plan.

Breathe slowly to keep calm.

Get lots of rest to have energy the next day.



Collaboration Learn about ways to stay healthy

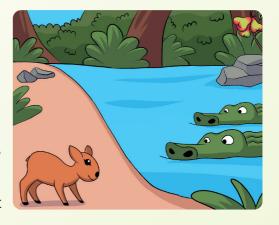
Reading & listening skills



Listen and read. What does Kancil want to eat?

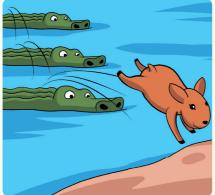
Kancil's clever plan

- **Narrator:** This is a story from Indonesia about a clever mouse deer named Kancil.
- **Kancil:** I really want to eat those water apples. But how do I cross the river with those big, hungry crocodiles? I know! I'll trick them.



Hello, Crocodiles! The Queen of the Forest is having a party today. I need to count

the number of crocodiles who want to go. Can you please make a line in the river? Then I can hop on your backs and count you.



Crocodile 1: Yum! I'm hungry and I want to eat you, But ... I also want to go to the party!
Crocodile 2: Me too!
Narrator: The crocodiles make a line across the river because they want to go to the Queen's party. Clever Kancil starts jumping on their backs to cross the river.

Kancil:

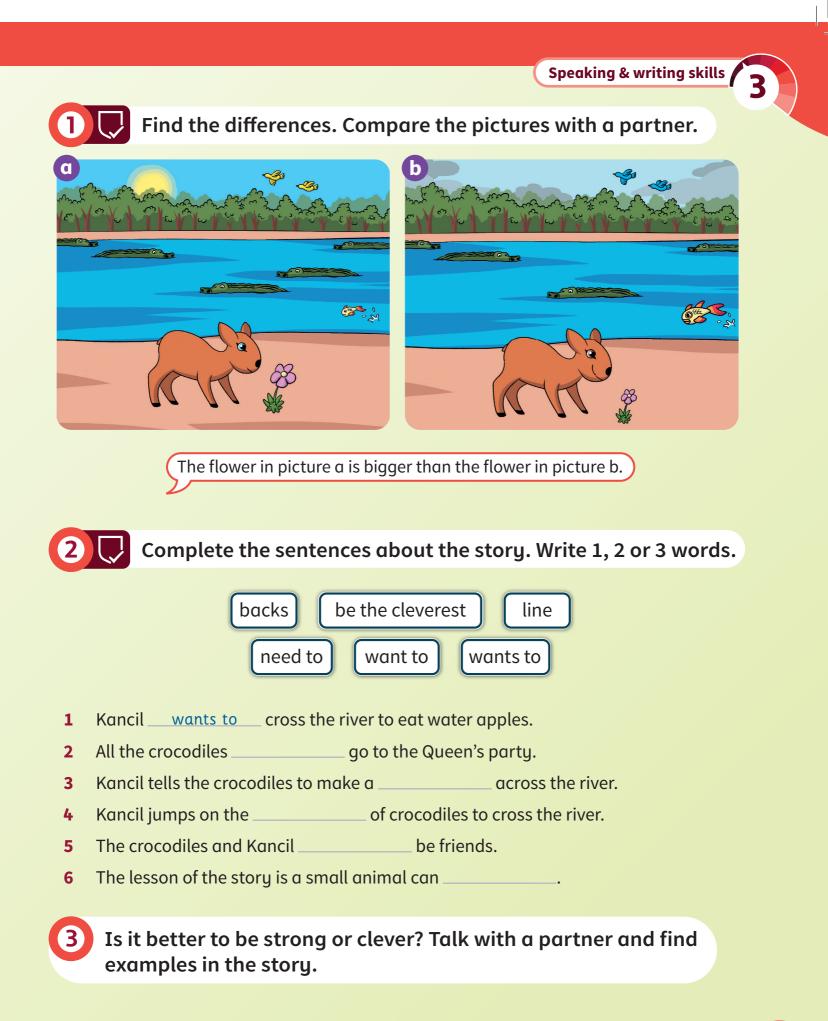
One, two, three...

- Narrator: Kancil reaches the other side of the river and grabs a water apple from the tree.
- **Kancil:** Thank you for your help, Crocodiles!
- **Crocodile 1:** Oh, no! Kancil tricked us!
- **Crocodile 2:** I didn't want to help you but I want to go to the Queen's party. Please, Kancil?
- **Kancil:** You want to go the party but you also want to eat me. You need to stop! We need to be friends.
- **Narrator:** The lesson of this story: you don't need to be the biggest animal to be the cleverest animal.



Think of other ways to help Kancil cross the river.

Critical Thinking | A fable play script







Complete the table. Then add more words to the list.

boot catch clever

Singular words	Plural words	Description words	Action words
an arm	arms	strong	
	boots	tall	jump
a mouse	mice		run

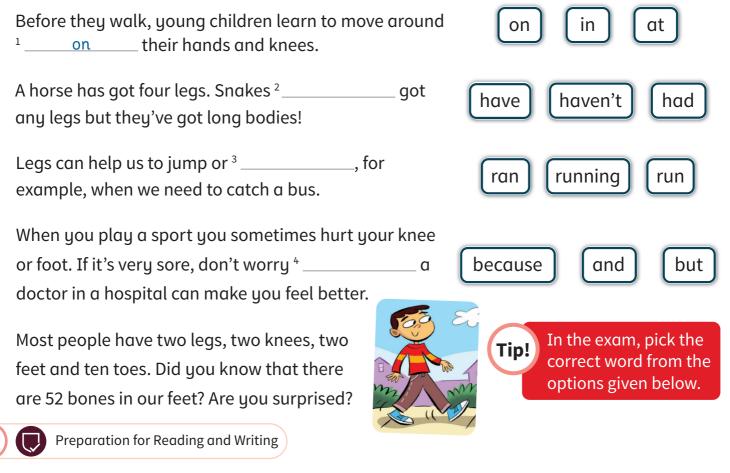


Choose the correct words to complete the sentences.

- **1** I had a headache this morning, but it **don't** / **doesn't** hurt now.
- 2 I look after my **body** / **bodies** by exercising every day.
- **3** Our shoes are **between** / **in** the cupboard.
- 4 My mum **has** / **have** got a backache.
- 5 We went to **their** / **they're** house for breakfast.
- 6 My friend has got longer arms **then** / **than** me.

3 Read. Then choose the right words to complete the sentences.

Legs



mission in action!



Make a health plan.



Design a heading.



Write ways to stay healthy.



Add information about the plants.



Review

Draw two ways to relax.



Present your partner's health plan.

1 Talk about the activities in your partner's health plan. Compare them with your plan.

To stay healthy, Sara plays basketball. She thinks basketball's **the best** sport.



Hana **needs to** do yoga to stay healthy. She likes yoga because it's **more relaxing** than playing football.

2 Try the plan. Review it.

Basketball is **as exciting as** yoga! I had fun!

>> Go to page 121 Remember the grammar from Unit 3

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Vocabulary review

Units 1 – 3



3.15

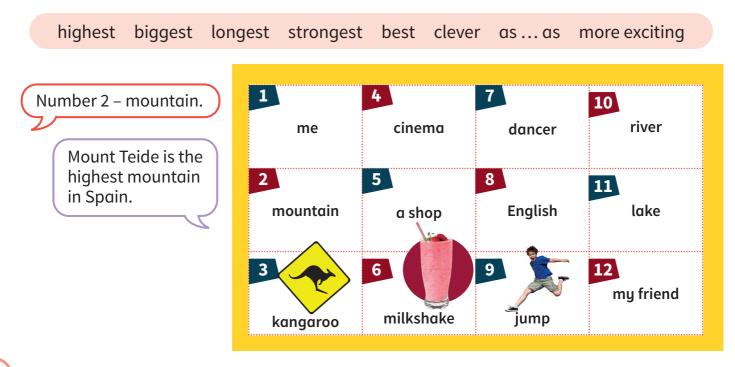
Watch the video and do the quiz.

What do they need? Listen and choose.

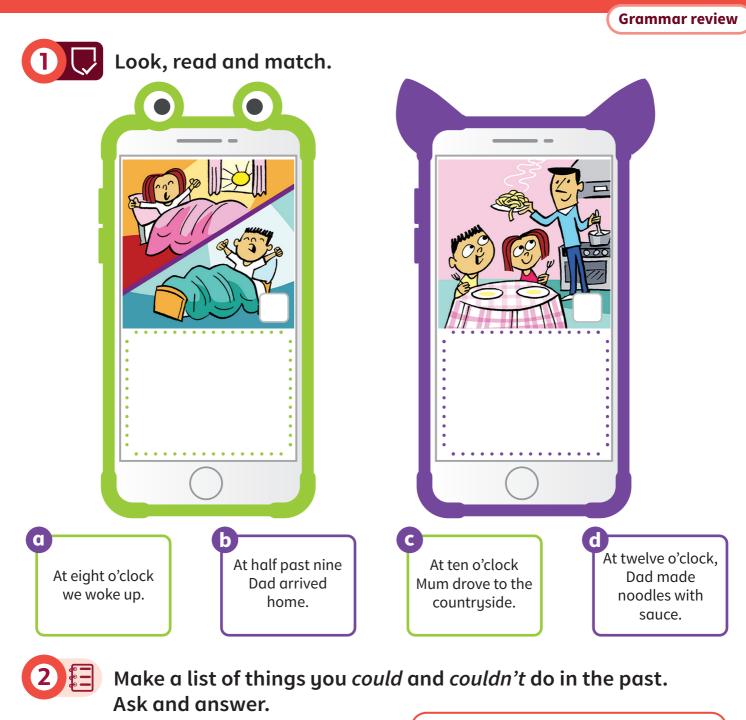




Play the game with a partner. Choose a square. Your partner makes a sentence with that word and language from the box.



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When I was two, I could dance. When I was five, I could ride a bike. Could you skate when you were four?

No, I couldn't skate when I was four. But I could dance!

- Can you remember? Ask and answer.
- **1** What couldn't Peter do when he was four?
- 2 Name three dairy foods.
- 3 What protective equipment do you need to wear when you ride a bike?

Consolidation of units 1–3

3