

Unit 7: The BEST food



Healthy Foods

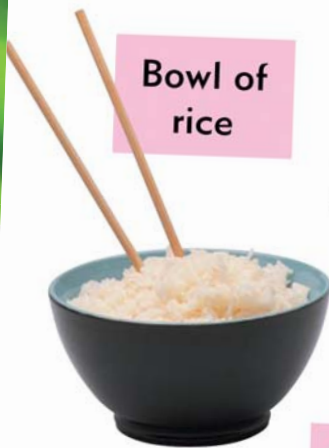
Your body needs a variety of good foods to grow and stay healthy.

The food we eat is called our **diet**. A balanced diet contains a wide variety of foods.

Carbohydrates in foods such as bread and rice give us energy. Other foods, like fruits and vegetables, are full of vitamins and minerals.

We need protein to make muscles, skin and hair. Meat and eggs are high-protein foods. We need calcium for our teeth and bones. Dairy foods, like cheese and milk, are high in calcium.

Bowl of rice



Fresh fruit and vegetables



4



Market versus supermarket

Supermarkets are a great convenience, but shopping at the market can be a real treat. You are likely to find fruits and vegetables that you have never tried. Supermarkets sell what they think people in your area are most likely to buy. Markets sell whatever is available. You will find many interesting and delicious new flavours there. Ask the people running the stall to explain what the foods are and how to cook them.

You will often get fresher food at the market. It can cost less than at convenience stores too. Another plus to market shopping is that you do not get packaged fruit and vegetables wrapped in plastic and on plastic trays. You can better see the quality of the food you're buying — and it's better for the environment.



ALL THE FAMILY ENJOYS

KREAM BRAND

Corn Flour

which makes the daintiest and most delicious Blanc Mange, Cakes, Custards, Pies, etc.

TRY IT!

Look for the Pink Packet



GENUINE AUSTRALIAN
KREAM BRAND
CORN FLOUR
MADE IN AUSTRALIA



fresh

POP CORN

DELICIOUS



BIGGEST IN THE MARKET!
READY TO EAT
DUNGENESS
CRAB



In the texts

1 Read the texts on pages 68 and 69.

Use the word bank to write the text type of each text.

Word bank advertisement exposition information report

a *Healthy Foods* _____

b *Market versus supermarket* _____

c *Kream Brand Corn Flour* _____

d *Popcorn box* _____

e *Dungeness Crab* _____

2 Which words in the advertisements do not describe taste?

3 Which advertisement is from many years ago? How can you tell?

4 Write two commands from the corn flour ad. Remember, not all commands have an exclamation mark.

5 Why do you think the crab advertisement says *ready to eat*?

6 If you were buying a crab from the market, what features would you look for?

size of the crab, where it came from, _____



7 Would any of the advertisements make you want to buy the product?

Explain your answers.

Kream Corn Flour _____

Popcorn _____

Dungeness Crab _____



8 Advertisements often use incorrect spelling to get attention.

Use a dictionary to write the correct spelling of these words.

a kream _____

b Blanc Mange _____

9 The words on the box of popcorn are a _____ .


Write three more to help sell the popcorn.

10 Read *Healthy Foods* on page 68.

a Is there a title and general opening statement? _____

b How many paragraphs are there? _____

c Is the text in the present or past tense? _____

d Underline *we*, *us*, *your* and *our* in the text.  Done

e Copy a sentence from the text in the 3rd person.

11 Underline the following verbs on pages 68 and 69.

Count the times you found each verb and write it in the box.

a need(s)

c can

e is

b are

d will





Read and learn

1 Complete the table.

Food group	What foods they are in	Why they are important
carbohydrates		
vitamins and minerals		
protein		

2 Draw lines to match the words with their definitions.

daintiest	very useful and easy
Dungeness	will probably
convenience	a dessert made from milk, sugar and cornflour
are likely to	the most delicate, small and fine
blancmange	a fishing village in Washington, USA

3 Complete the table comparing markets and supermarkets.

Markets	Supermarkets
<i>can be fun — try new things</i>	<i>useful, easy</i>
	<i>sell what they think people will buy</i>
	<i>food is often packaged</i>
	<i>food is in plastic wrap or trays</i>
	<i>plastic is bad for environment</i>

An exposition argues for or against something. It has:

- the author's point of view
- arguments with supporting evidence
- persuasive words
- a conclusion that ties it all together
- a recommendation for further action.

Your turn

1 The photo on page 68 of the woman holding a pie is from an advertisement. Write a message to help sell the pie.

2 In a group, brainstorm words and phrases that describe what cats like to eat.

Write your favourites here.

3 Pets need to eat healthy food too! Design a label for the tin of cat food on page 68.



Think of a name.
Think of what cats and their owners want.
Think about the features — taste, smell, quality and appearance.
Explain why yours is the best. Make people want to buy your cat food!
Be persuasive!



Adverbs

1 Adverbs tell how, when, where or why something is done. For example, *She ate quickly.* *Quickly* tells how she ate. The adverbs below are in colour. Write *how, when, where* or *why* to show what the adverbs tell.

I made it *yesterday*.

when

a We're having fish *tonight*.

b Carry this *downstairs* please.

c Stir the soup *slowly*.

d I don't like fish *because of* the smell.

2 The adverbs *how, when, where* and *why* can begin questions, eg *Where are the apples?* Complete these questions with *how, when, where* or *why*.

a _____ do these crabs come from?

b _____ do cherries come onto the market?

c _____ is that lady buying goose feathers?

d _____ can you tell if fruit is fresh?

3 Some adverbs tell how much, how many and how often, eg *I ate too many chips.* *Too* tells how many were eaten.

Use adverbs from the word bank to complete the sentences.

Word bank almost always never really so very

Milk is _____ good for our teeth and bones. Don't eat _____

much sugar! This apple pie tastes _____ great!

It's _____ ready. I have _____ eaten a snail.

I _____ have cereal for breakfast.



4 Adverbs can show how sure we are, eg *maybe, perhaps, no.*

Use adverbs from the word bank to agree, disagree or show how sure you are, eg *Do you think it will rain today? No, I do not.*

Word bank yes maybe probably definitely

- a** Are you sure she is coming? _____, I am.
- b** She is usually on time, so that is _____ right.
- c** Can we have fish and chips tonight? Well, _____.
- d** Are you coming on the camp? _____!
- e** Circle all the punctuation marks (, . ?) in parts a to d. Note that there is a comma after *yes* and *no*. ☆ Done

5 Adverbs can compare how things are done, eg *more quickly, as slowly as, less neatly, harder, later.*

Use adverbs from the word bank to complete the sentences.

Word bank Freshly earlier healthier likely longer slowly

- a** You will feel _____ if you eat well.
- b** _____ picked vegetables are the best.
- c** Chew your food more _____.
- d** Go to bed _____.
- e** This way you are more _____ to live _____.
- f** Circle any suffixes (word endings) on adverbs in the sentences in parts a to e. ☆ Done

