

Action Pack 3

Third Grade

Cheryl Pelteret

Action Pack is a twelve-level course for Jordanian students, leading them from the Basic to the Secondary stage. It is based on the most modern methods of teaching language, combining a topic-based approach with functional language practice, careful attention to grammar and vocabulary and a comprehensive skills syllabus.

This level is for Grade 3 students.

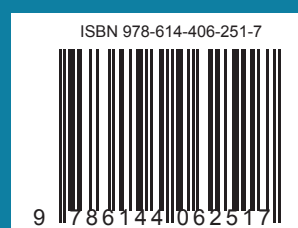
The Action Pack series offers learners:

- modern, interesting and relevant topics
- a clear and systematic approach to grammar, with thorough practice
- integrated skills work with a particular focus on reading and writing
- consistent building and recycling of vocabulary
- special sections devoted to functional and situational language
- project work at the end of every module
- the development of critical thinking skills

Each level of Action Pack consists of a Pupil's Book, an Audio Cassette, an Activity Book and a comprehensive Teacher's Book, Flashcards and Wall charts.



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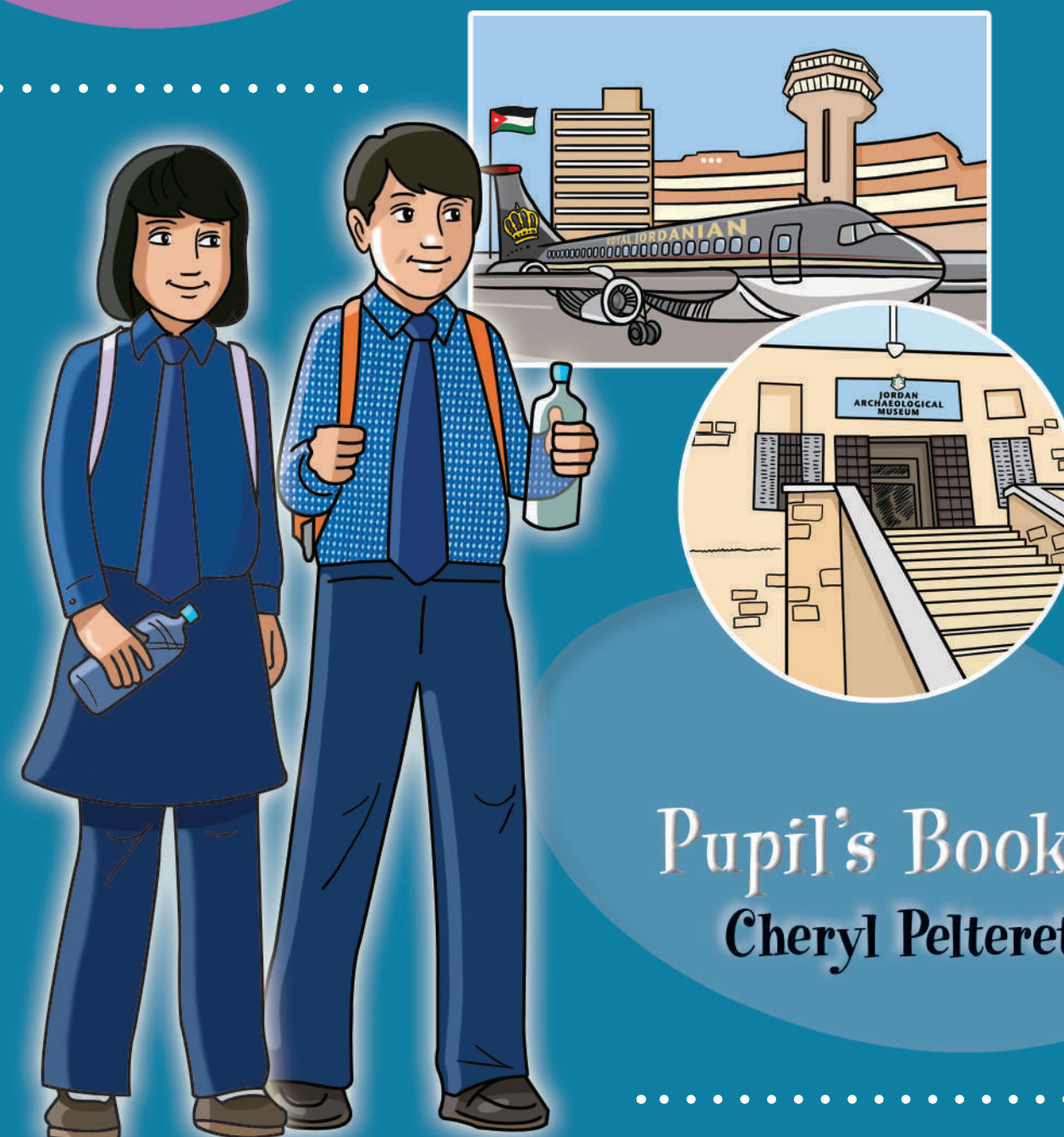


Action Pack 3

Third Grade



إدارة المناهج والكتب المدرسية



Pupil's Book
Cheryl Pelteret



إدارة المناهج والكتب المدرسية

Action Pack



**Third Grade
(New Edition)**

Pupil's Book

منهاجي
متعة التعليم الهادف



Cheryl Pelteret



Acknowledgements

The publishers and the writers would like to acknowledge the contribution made by the Review and Adaptation Committee appointed by the Ministry of Education of the Hashemite Kingdom of Jordan, through their guidance and valued assessment of the materials, to the development of the *New Action Pack 3* course.

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- Ahmad Hussein Al-Qaisi

قررت وزارة التربية والتعليم تدريس هذا الكتاب في مدارس المملكة الأردنية الهاشمية بموجب قرار مجلس التربية والتعليم رقم ٢٠١٢/٣ في جلسته بتاريخ ٢٠١٢/٧/٤ بدءاً من العام الدراسي ٢٠١٣/٢٠١٢ م.

The Ministry of Education has decided to adopt this book for Jordanian schools in accordance with the approval of the Board of Education decision No. 3/2012 in its meeting on 4/7/2012 for the 2012/2013 academic year.

التدقيق: منال فاهد أبورمان
المراجعة: ملك محمد المساد

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ISBN: 978-614-406-251-7

Printed 2012

Reprinted 2013-2019

York Press

322 Old Brompton Road,
London SW5 9JH, England

Pearson Education Ltd

Edinburgh Gate, Harlow,
Essex CM20 2JE, England
and associated companies throughout the world.

House of Education Ltd

Woodbourne Hall,
P.O. Box 916,
Road Town,
Tortola,
British Virgin Islands

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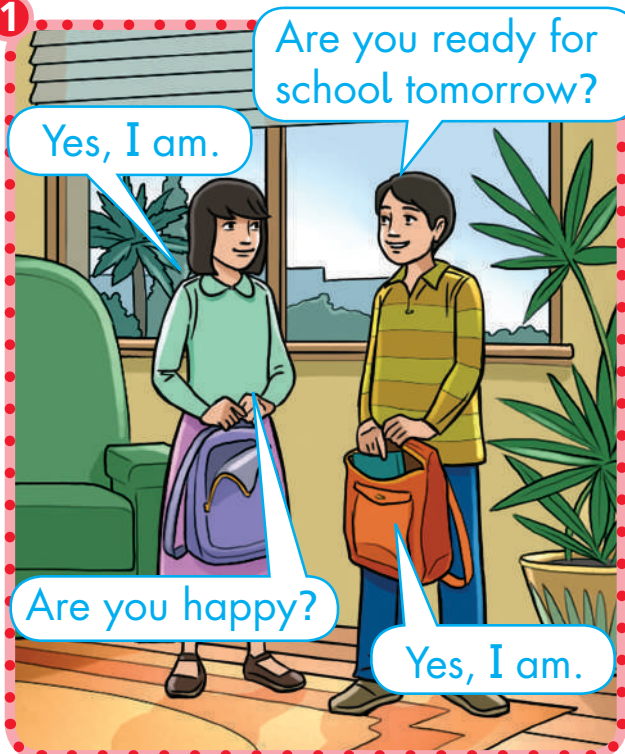
We're ready for school

1



Listen and read

1



2



3



4



2

Look, ask and answer

Whose photos are these?

1

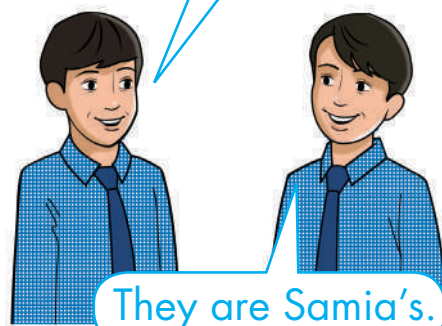


Ahmad

2



Alia



They are Samia's.

3



Samia

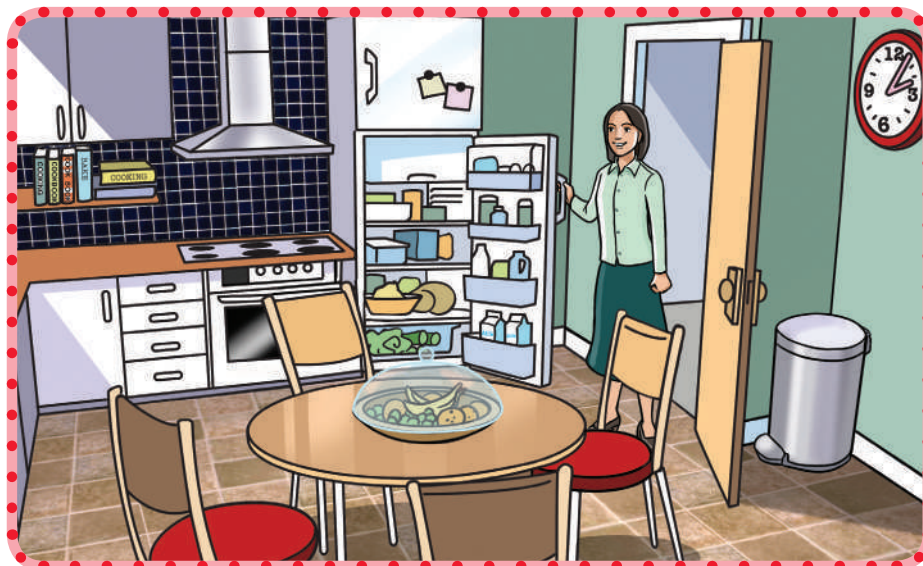
4



Khalid



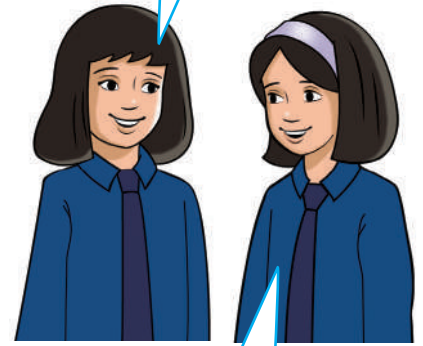
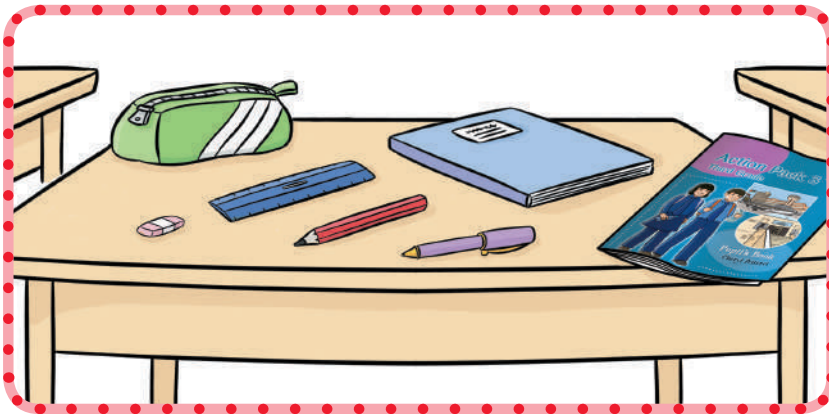
3

Listen and say **Yes** or **No**

4

Look, ask and answer

Whose ruler is this?



It is Laila's.

5

Read and point

- | | |
|--|--|
| 1 The book is on the chair. | 4 The shirt is in the wardrobe. |
| 2 The present is on the table. | 5 The tennis racquet is under the desk. |
| 3 The desk is next to the wardrobe. | 6 The football is under the chair. |



6



Listen and say



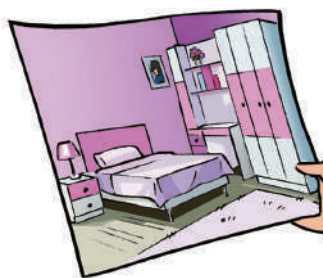
chair



bear

7

Look and say



In my bedroom, my bed is next to my wardrobe.

8



Sing



My school bag is ready.
It's next to the chair.
Tomorrow's the first day at school!
My shirt and my socks
are in the wardrobe.
My trousers are ready to wear.

I'm ready for bed now.
It's eight o'clock.
Tomorrow's the first day at school!
My book's in my bag,
my pencil case too.
I'm ready, I'm ready for school!



What do you do after school?

1



Listen and read

1

It's a quarter past seven.
The bus is here.



I'm ready.

2

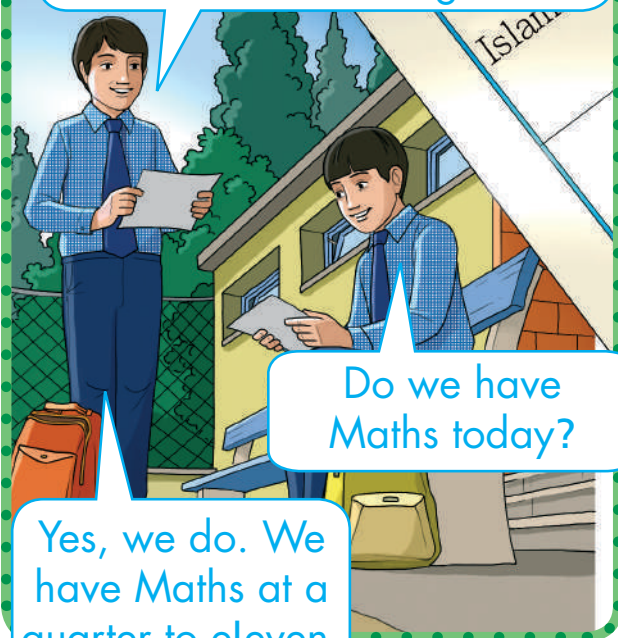
What's the
time now?



It's a quarter to eight.
We're not late.

3

My favourite day is today –
Thursday! We have Islamic
Education and English.



Do we have
Maths today?

Yes, we do. We
have Maths at a
quarter to eleven.

4

What lesson do we
have now, Miss?



It's a quarter past one,
Mazen. It's time to go home!

2



Listen and point

- 1 leave home
- 2 start school
- 3 have Arabic
- 4 finish school

a



b



c



d



3

Ask and answer

My weekend timetable

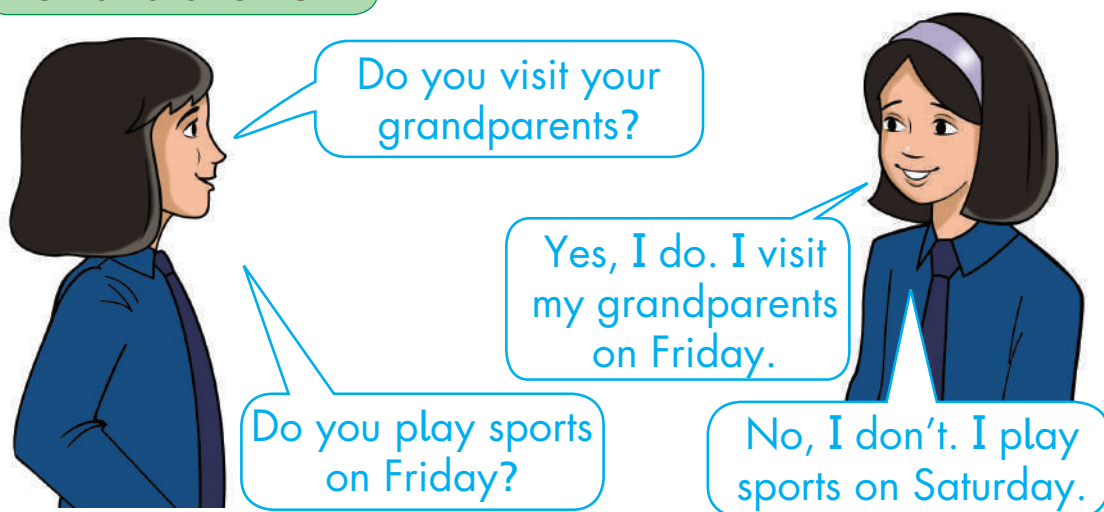
	Friday	Saturday
Mazen	play tennis help Mum	visit grandparents play football
Omar	visit grandparents tidy bedroom	play basketball visit Uncle and Aunt
Asma	go shopping help Mum	visit grandparents read a book
Huda	visit grandparents help my sister	read a book visit Uncle and Aunt

What do you do on Friday?

I visit my grandparents and I tidy my bedroom.

4

Ask and answer



5

Read and complete

This is our new zoo timetable. We open at nine o'clock. The bear show is at a quarter past ten. We feed the storks at half past eleven. You can have lunch at one o'clock. You can take photos of the giraffes at a quarter to three. You can touch the turtles at half past three. We close at five o'clock.

Zoo Timetable	
9:00	Open
	Bear show
	Feed Storks
1:00	
	Take photos of giraffes
3:30	
	Close

6

Ask and answer



What's your favourite day of the week?



My favourite day is Friday.
I visit my grandparents!

7



Listen and say



a **quarter** to **four**



draw

8



Project. Write a timetable

My activities timetable

	2.15						
Sunday							
Monday	Play Tennis						
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

I play tennis on Monday
at a quarter past two.

What do you do
after school?

What does your uncle do?

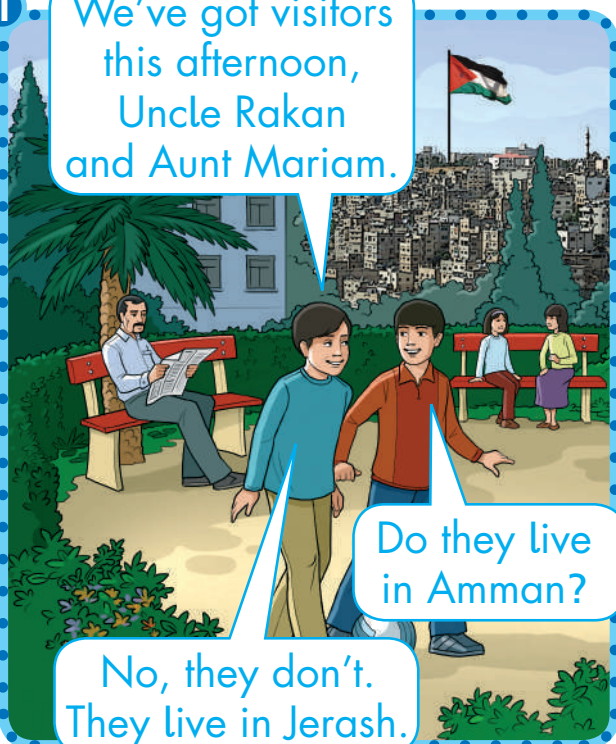
1



Listen and read

1

We've got visitors
this afternoon,
Uncle Rakan
and Aunt Mariam.



Do they live
in Amman?

No, they don't.
They live in Jerash.

2

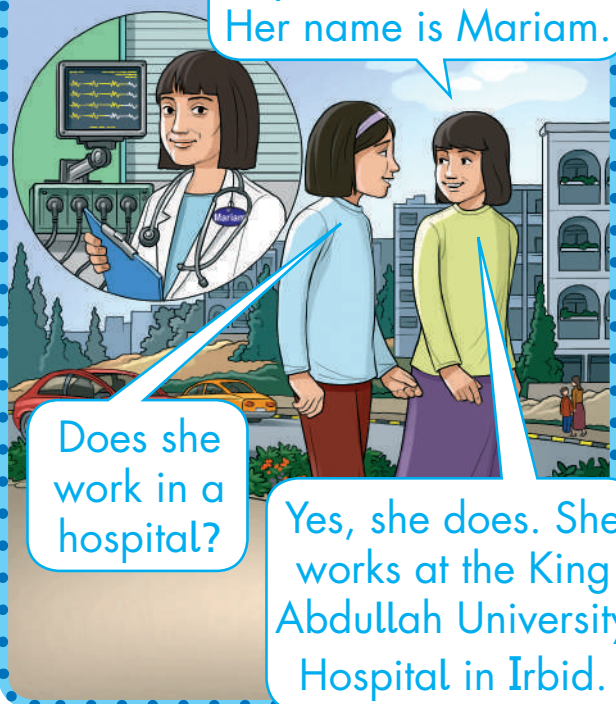
What does
your uncle do?



He's a pilot. He travels
to many countries.

3

My aunt is a doctor.
Her name is Mariam.

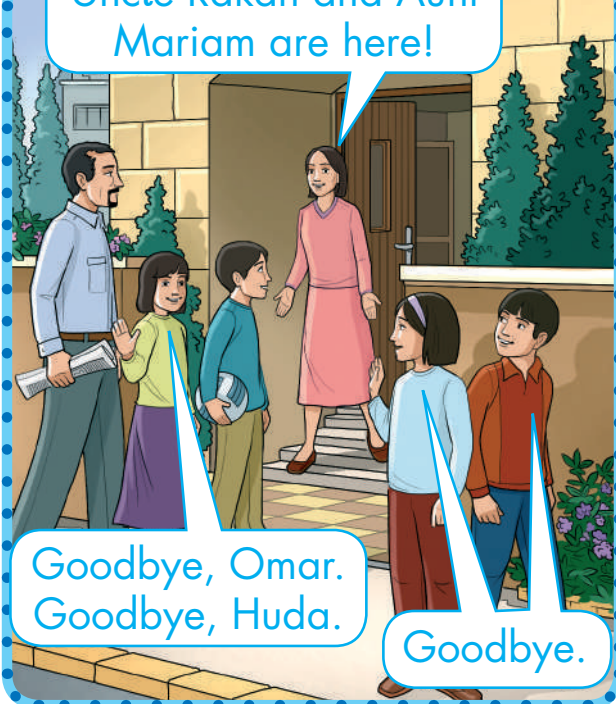


Does she
work in a
hospital?

Yes, she does. She
works at the King
Abdullah University
Hospital in Irbid.

4

Uncle Rakan and Aunt
Mariam are here!



Goodbye, Omar.
Goodbye, Huda.

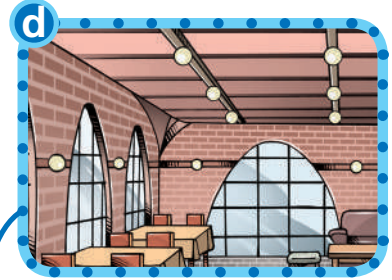
Goodbye.

2



Listen and point

1 Jaber's father



2 Kareem's mother

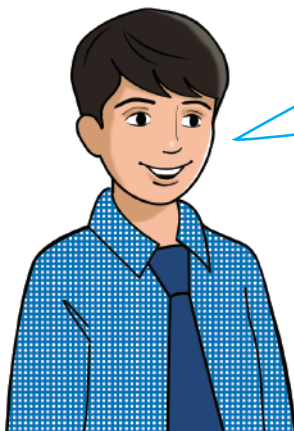


3 Samira's father



3

Ask and answer



What does your father do?

He's a doctor. He works in a hospital.



4

Read and order

My father is a pilot. He travels to many countries. He drives his car to the airport. He flies a plane. Today, he is in Tokyo. It's time for dinner in Tokyo. It's time for lunch in Amman!

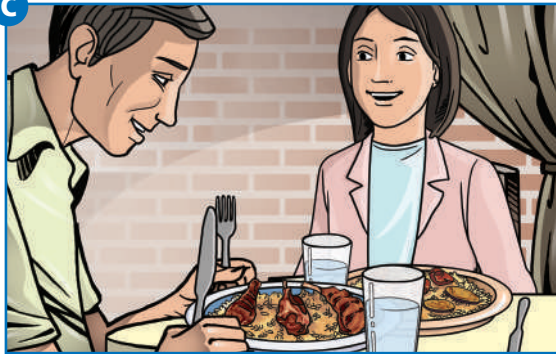
a



b



c



d



5

Ask and answer

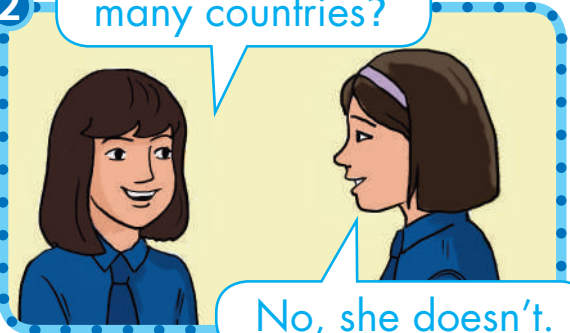
1

What does my mother do?



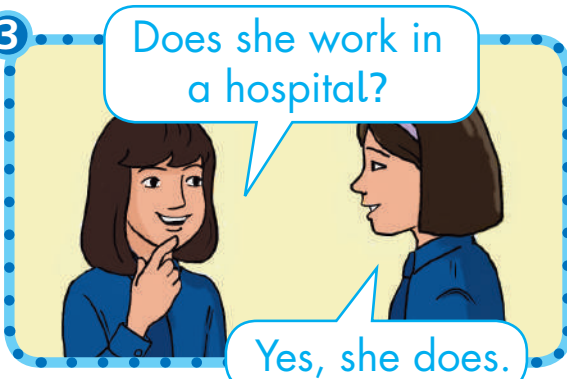
2

Does she travel to many countries?



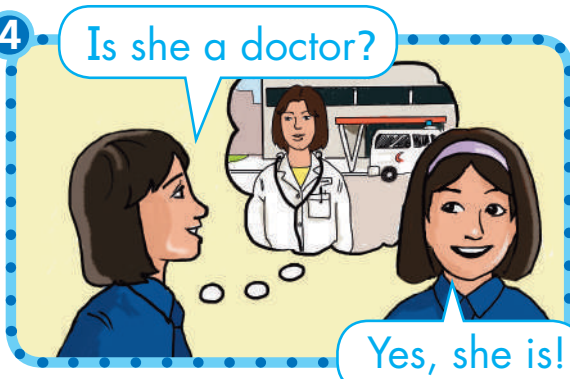
3

Does she work in a hospital?



4

Is she a doctor?



6



Listen and say



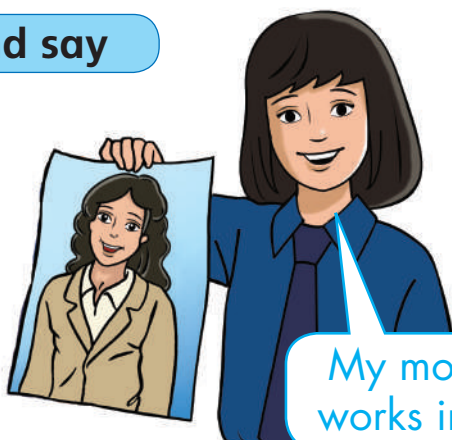
fly



pilot

7

Look and say



My mother is a teacher. She works in a school in Amman.

8

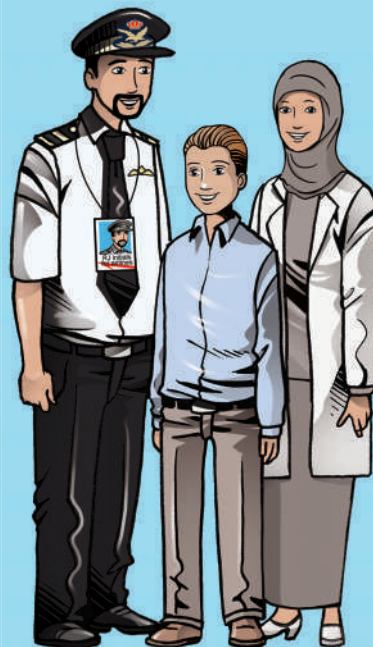


Sing



What does your father do?
Does he fly a plane?
Yes, he does!
He flies a plane
to Australia and Spain.
Yes, my father's a pilot!

What does your mother do?
Does she work in Amman?
Yes, she does!
She works in Amman
at the hospital in town.
Yes, my mother's a nurse!



1



Listen and read

1

Hello, children!

How are you?

Hello, Uncle Rakan and Aunt Mariam!

We are fine, thank you.

2

Are these Mazen's photos?

Yes, they are. He plays football at school.

3

This is very good! Does Asma like drawing?

Yes, she does.

4

We have a new teacher.

Tomorrow is Teacher's Day. Let's fly a balloon for our teacher!

2



Listen and point

a



b



c



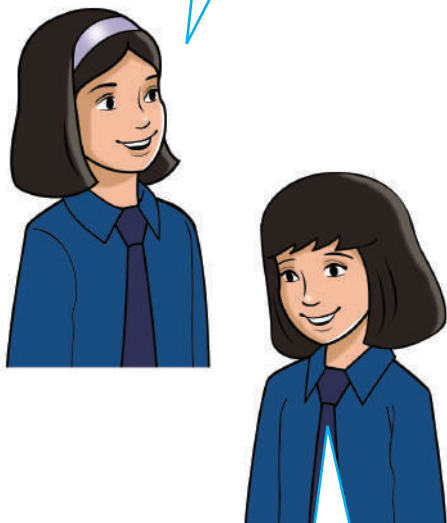
d



3

Ask and answer

Where is Majeda's book?



It is on the desk.

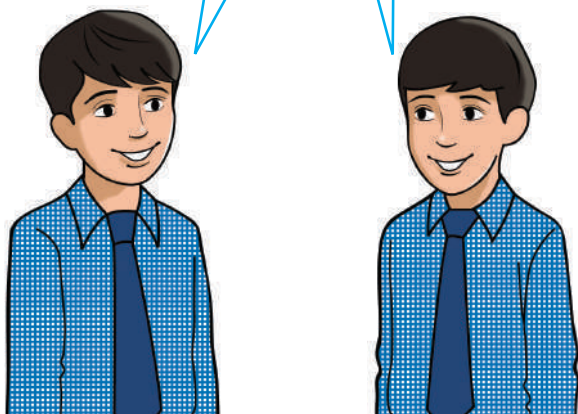


4

Look and say

What does Nader's father do?

He is a pilot.



Nader



Ghada

5

Read and answer

Dear Laila,

I like my school. Islamic Education and English are my favourite lessons. I visit my grandparents on Friday and Saturday.

My father is a doctor. He works in a hospital in Aqaba.

My mother is a teacher. She works in a school in Aqaba.

Can you tell me about your school and your mother and father?

Best wishes,

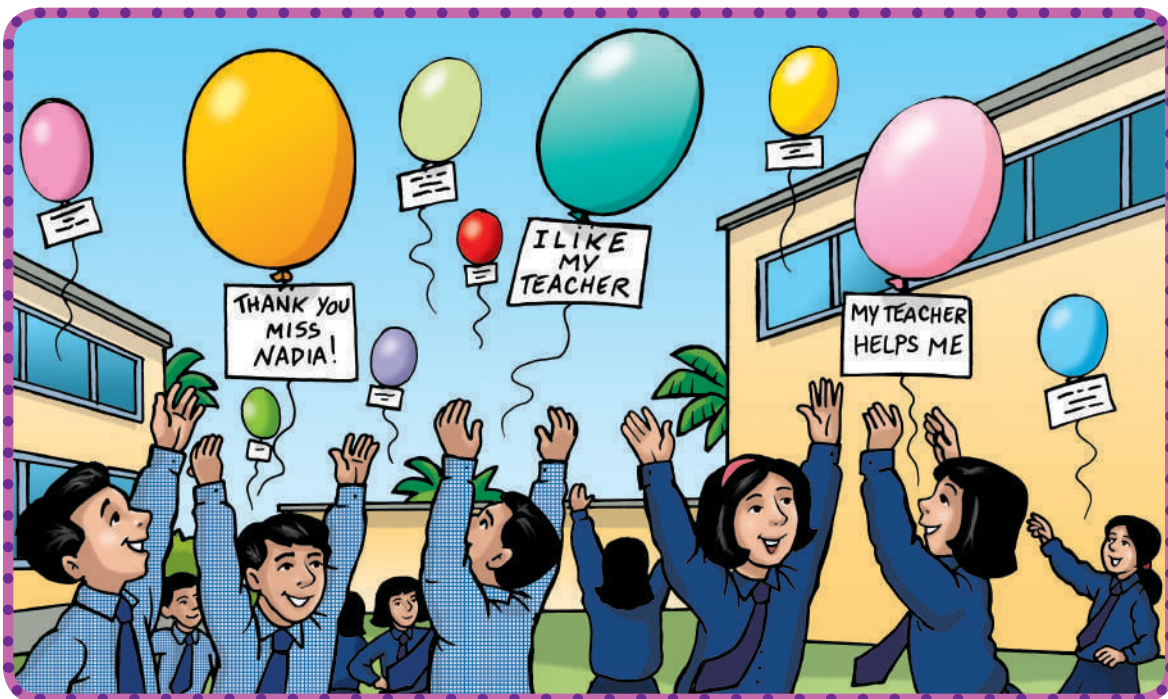
Majeda

- 1 What are Majeda's favourite lessons?
- 2 When does Majeda visit her grandparents?
- 3 What does Majeda's father do?
- 4 What does Majeda's mother do?
- 5 Does Majeda's mother work in a hospital?
- 6 Do you think Majeda's mother likes to work in a school?

6



Project. A balloon for Teacher's Day



What's the weather like?

1



Listen and read

1



That's a good idea. Uncle Rakan travels to Canada.

2



It's very cold in winter. It's rainy.
It's snowy.

It's hot in summer.

3



They go ice-skating.
And they make snowmen!

4



My favourite season is spring.
It isn't hot. It's sunny.

2



Listen and tick ✓ or cross X


☐

windy

☐

sunny

☐

hot

☐

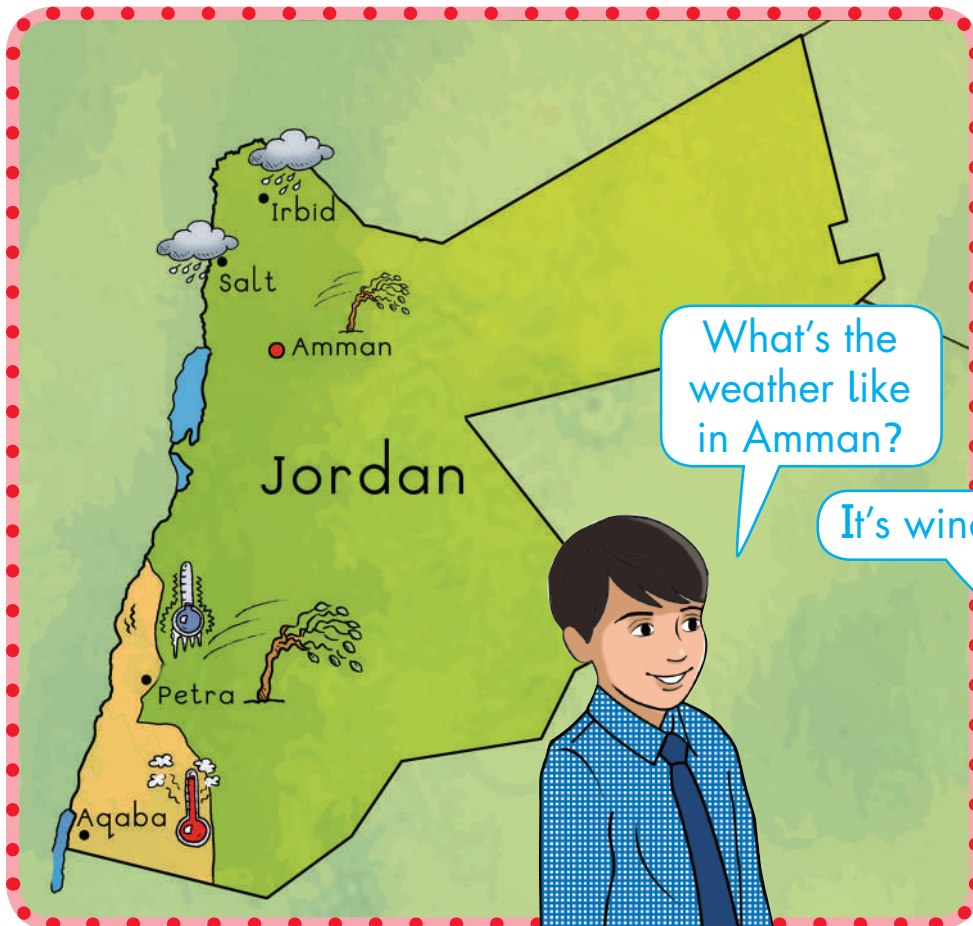
cold

☐

rainy

3

Ask and answer



What's the weather like in Amman?

It's windy.

4

Read and match

- 1 I'm Issa. In my favourite season, we ride our bikes. It's sunny. It isn't hot.
- 2 Hello. I'm Ziad. In my favourite season, the weather is hot and sunny.
- 3 My name's Aishah. In my favourite season, it's snowy!
- 4 I'm Nawal. I like windy weather. What is my favourite season?

a



b



c



d



5

Ask and answer

What's your favourite season?

I like autumn.
It isn't hot.
It's windy.

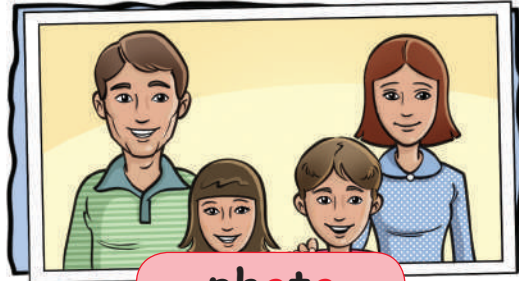
6



Listen and say



snowy

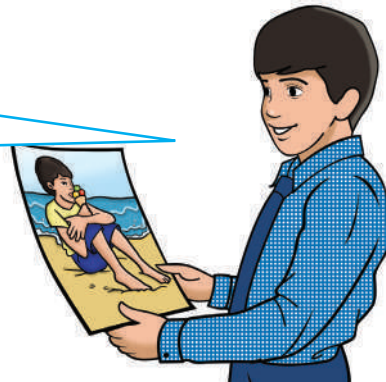


photo

7

Look and say

In summer, I go to the beach.
I eat ice cream.



8



Sing



What's the weather like
in your country today?
Is it windy?
No, it isn't.
It's sunny and hot!
What's your favourite season?
It's summer!

What's the weather like
in your country today?
Is it sunny?
No, it isn't.
It's cold and rainy.
What's your favourite season?
It's winter!



Let's go to a restaurant

1



Listen and read

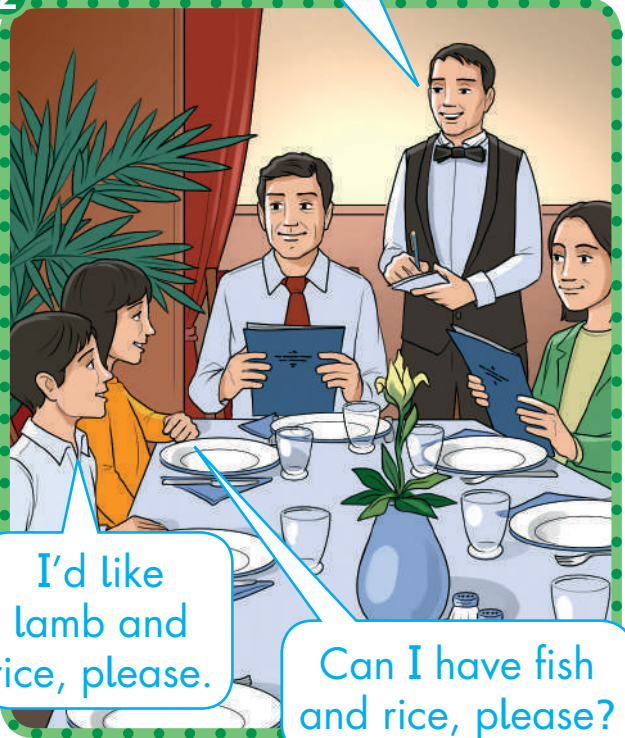
1

Let's go to a restaurant for lunch today!



2

What would you like to eat?



I'd like lamb and rice, please.

Can I have fish and rice, please?

3

This salad is delicious! Vegetables are very healthy!



Would you like lentils?

Yes, please.

4

Thank you for the delicious meal!



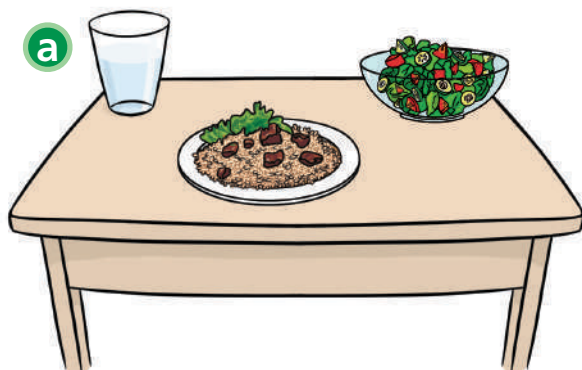
You're welcome!

2

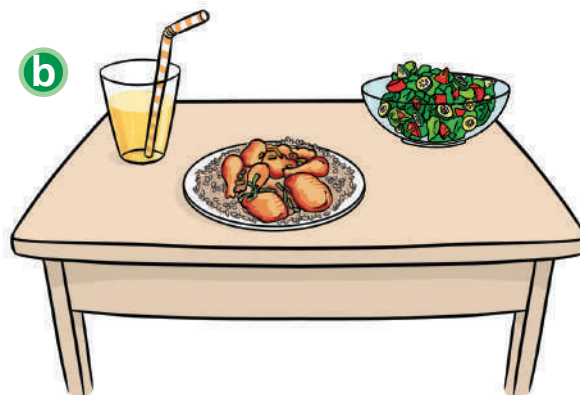


Listen and point

a



b



3

Look, ask and answer

What would you like?

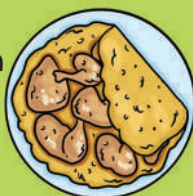


Here you are.

You're welcome.

Lamb and aubergines
with rice

Lamb and rice

Fish
and
riceChicken
and
bread

Lentils



Salad



Juice



Water

I'd like lamb and
rice, please.

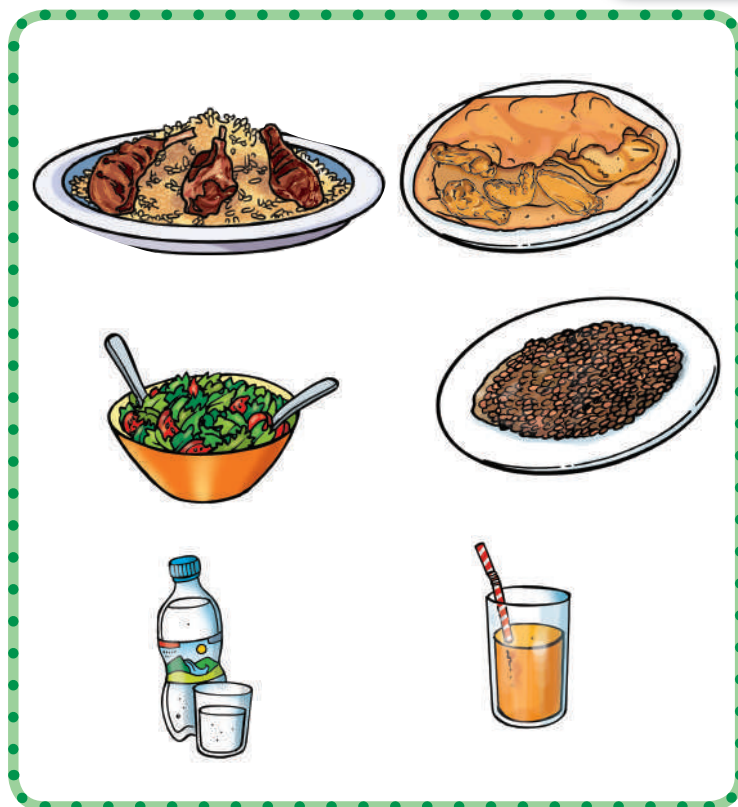
Thank you.



4

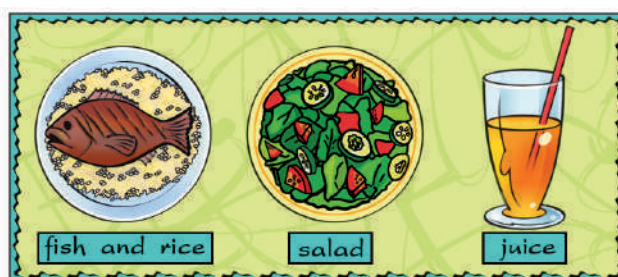
Read and point

On Friday, my mother, my father, my brother Ibrahim, my grandpa and grandma and I have lunch in a restaurant. I have lamb and rice. It's delicious! We have salad and lentils with our meal. I have juice.



5

Look, ask and answer



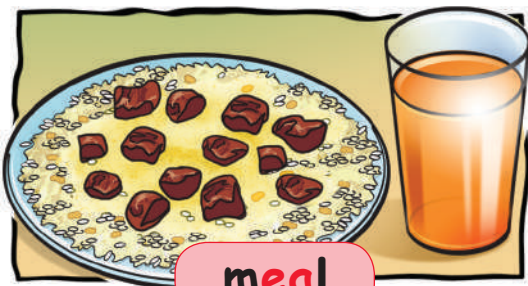
Would you like chicken and bread?

No, thank you.
I'd like fish and rice, please.

6



Listen and say



meal



aubergine

7

Look and say



I like chicken.

I don't like aubergines.

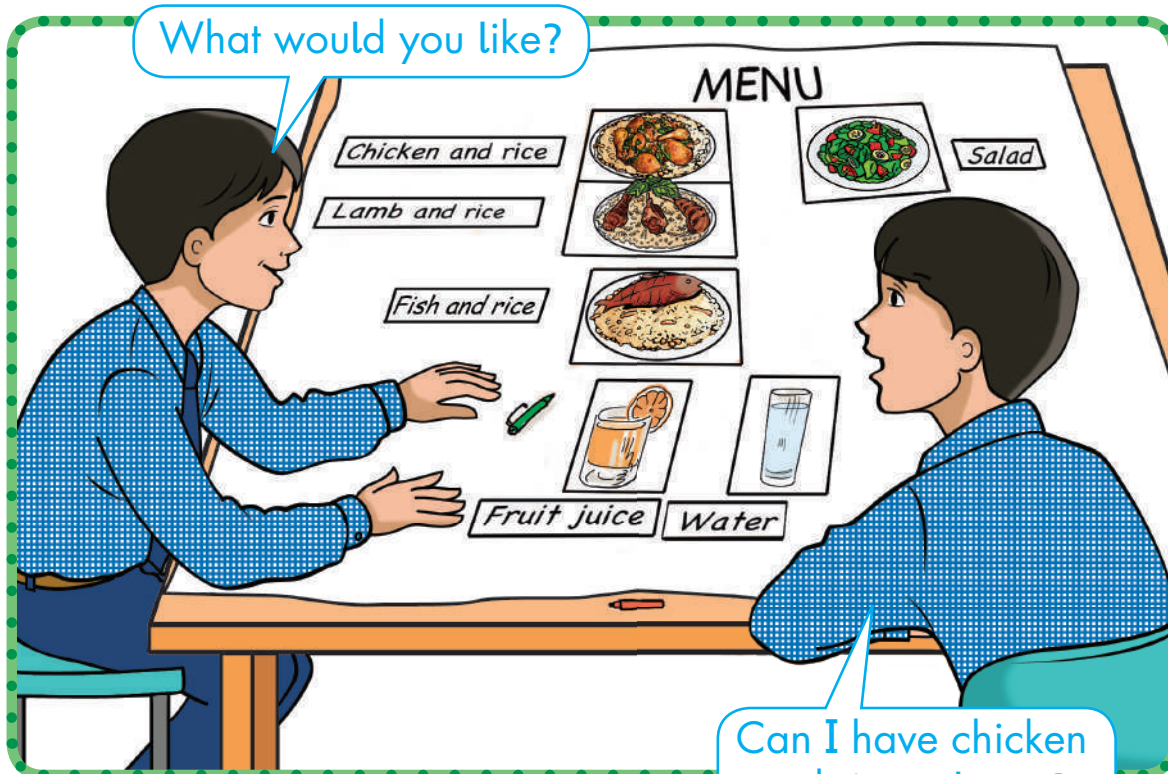


8



Project. A menu

What would you like?



Can I have chicken and rice, please?

What are you doing?

1



Listen and read

1

What are you cooking for lunch, Mum?

I'm cooking chicken and rice.

That's my favourite meal! The phone is ringing.

2

Hello, Asma. What are you doing?

I'm helping my mum. She's cooking. I'm setting the table.

3



What's Mazen doing?

He's helping Mum. Dad is helping Mum in the kitchen, too.

4

It's time for lunch, Asma. Ask Huda to play with you here tomorrow.

Would you like to come to my house tomorrow?



Yes, please. Thank you!

2



Listen and point

a



b



c



d



3

Ask and answer



Ziad



Laila



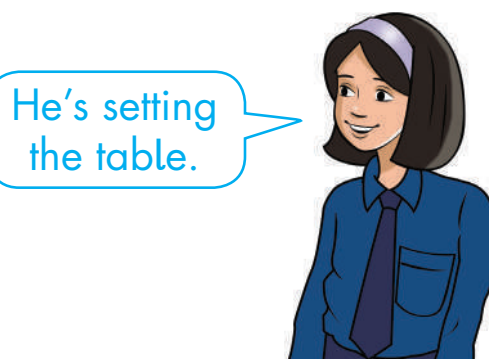
Mum



Dad



What's Ziad doing?



He's setting the table.

4

Read and match

a



1. My name's Khadija. I'm writing an email.

2. I'm Saleem. I'm taking a photo.

b



c



3. My name's Fatima. I'm playing basketball.

4. I'm Ibrahim. I'm helping my mother.

d



5

Ask and answer

TAKING A PHOTO

What are you doing?



I'm taking a photo.

6



Listen and say



cooking



reading

7

Say



It's ten o'clock. My mother is reading books with children at school. My father is flying a plane.

منهاجي

متعة التعليم الهادف



8



Sing



What is your sister doing?
She's setting the table.
What is your brother doing?
He's playing basketball.

What is your mother doing?
She's cooking lamb and rice.
What is your father doing?
He's reading the newspaper.

What are you doing?
I'm singing a song!



1



Listen and read

1

I like spring.
It's my favourite
season.

Yes, it's
sunny
today.

Would you like juice?

Yes,
please!

2

Let's have lunch at
two o'clock. I'm
cooking fish and rice.

Thank you! That is my
favourite meal.

3

What are you doing?



I'm setting the table. Huda is
helping me. Mum is cooking lunch.

4

Lunch is ready. Thank you
for helping me.

You're welcome!

2

Ask and answer



What's the weather
like today?



It's hot and
sunny.

3

Look and say

1



Alia

Rakan

2

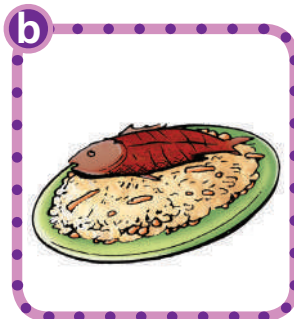
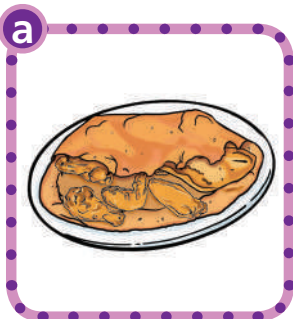


In 1, the children's mother is writing an email. In 2, she's setting the table.

4



Listen and point

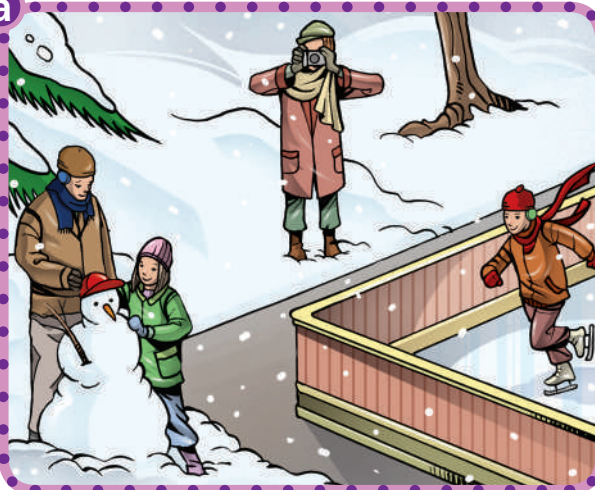


5

Read and choose

We are in Canada. It is winter. It is cold and snowy today.
My brother is ice-skating. My sister is making a snowman.
Dad is helping her. Mum is taking a photo!

a



b



6



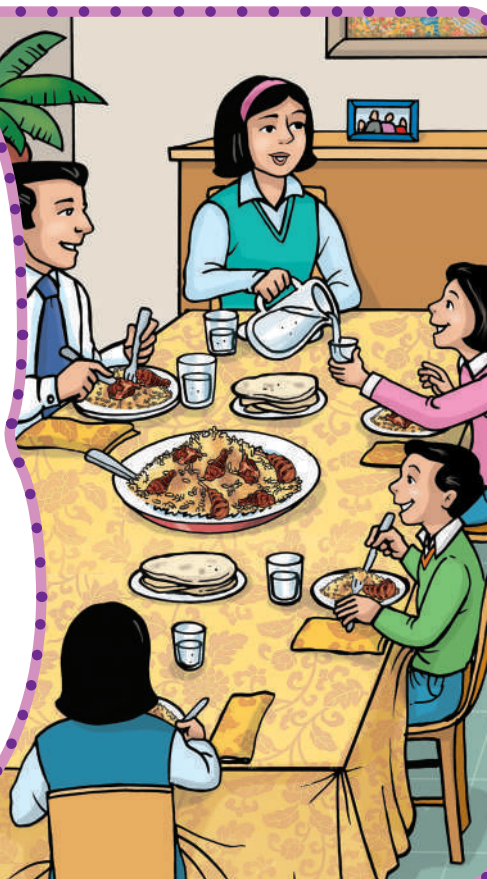
Sing



What are you having for lunch today,
lunch today, lunch today?
What are you having for lunch today?
Lunch is my favourite meal.

Today I'm having lamb and rice,
lamb and rice, lamb and rice.
Today I'm having lamb and rice.
That's my favourite meal.

Would you like some water too,
water too, water too?
Would you like some water too?
Yes, please! Here you are.



There is a big museum

1



Listen and read

1

What is your project about?

Our project is about our city, Amman.

There are two airports in Amman. There is a train station, too.

2

There is a very big museum on the hill.

3

This is the very old Roman Theatre.

Is there a market?

Yes, there is. It's in the old city, near the Roman Theatre.

4

Well done, Mazen and Asma. Next week is the class trip to Wadi Mujib!

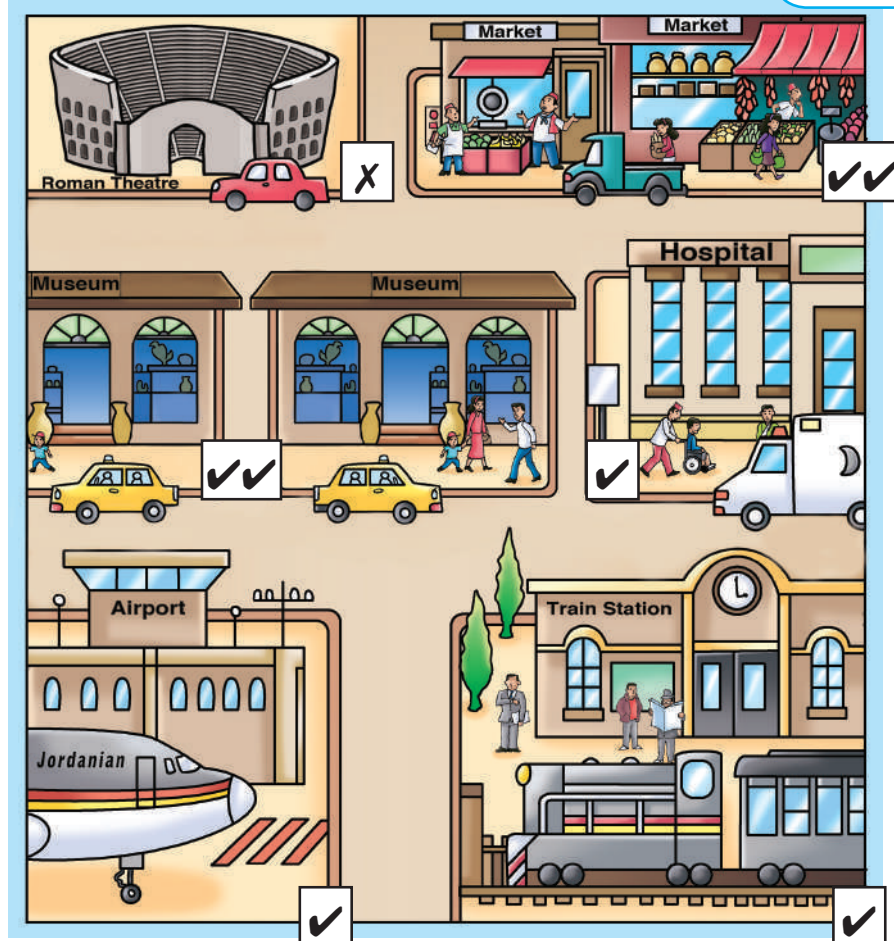
Are there any lions there?

No, there aren't. But we can see many animals and birds.

2

Look and say

There is an airport.



There are two markets.

3



Listen and tick ✓ or cross X



My city

1. Roman Theatre
2. museums
3. airport
4. markets
5. restaurants

☐
☐
☐
☐
☐

4

Ask and answer



Is there a market in our city?



Yes, there is.

5

Read, answer and say

My town

I like my town. My house is near my school. There is a sports centre behind the school. We play tennis in the sports centre. On Saturday, we go shopping in the market. The market is in the old town. There are many shops in the old town. There is a museum. There are old buildings near the museum. The mosque is near the museum. We go to the mosque to pray.

Abla

- 1) Where is Abla's house?
- 2) Is there a sports centre?
- 3) What do Abla's family do in the market?
- 4) Are there new buildings near the museum?
- 5) Where is the mosque?
- 6) Why do they go to the mosque?
- 7) Do you go to the mosque every day? Why?



There is a school.



There are many shops.

6



Listen and say



train station



plane

7

Look and say



In our city, there is
an airport.

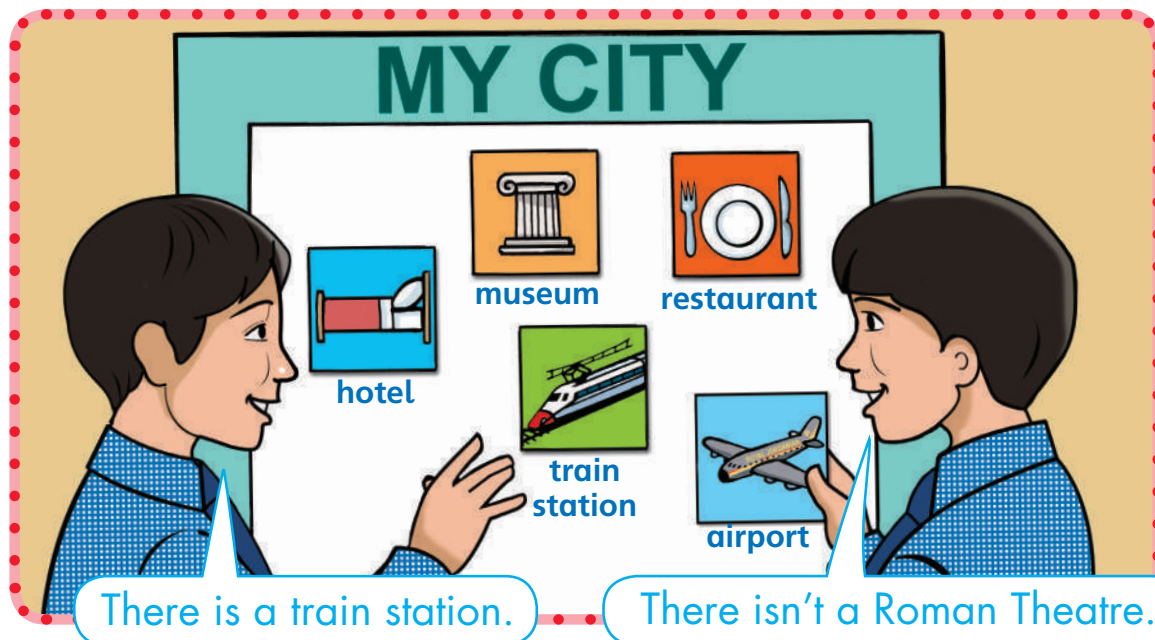
There is a
big museum.



8



Project. Make a poster about your town or city



You must sit down

1



Listen and read

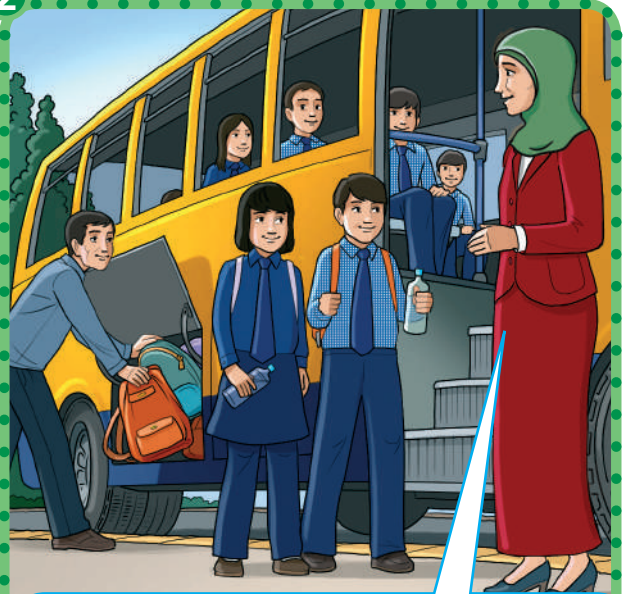
1

Today is our school trip to Wadi Mujib! We're travelling by bus.



You must drink a lot of water. You mustn't forget your hat. Goodbye!

2



You must put your bags in there. You must take water with you on the bus. It's hot today.

3

Look at that mountain! Can I stand up and take a photo, Miss?



No, Omar. You must sit down. You mustn't stand up on the bus.

4



Hello, children. I'm your guide. Let's walk in the mountains! You can see a lot of animals and birds. You mustn't run or shout.

2

Look and say

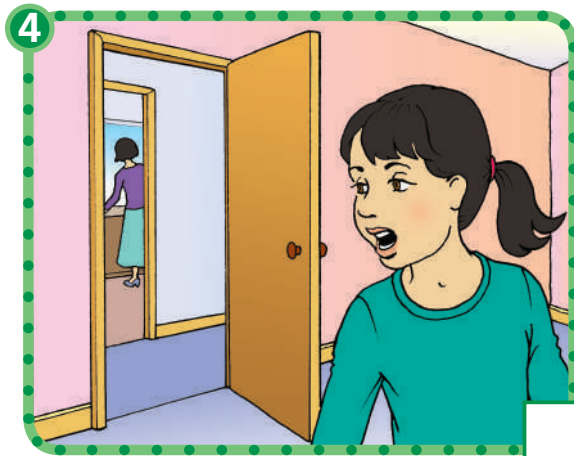
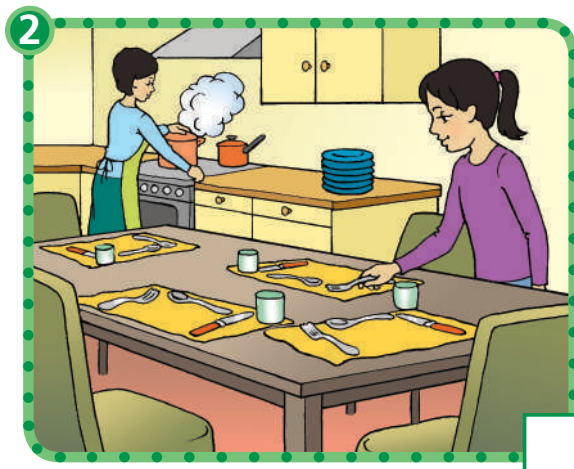
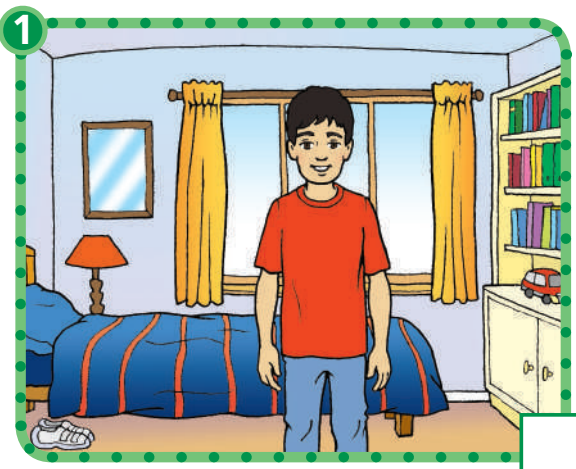


You mustn't run.

3

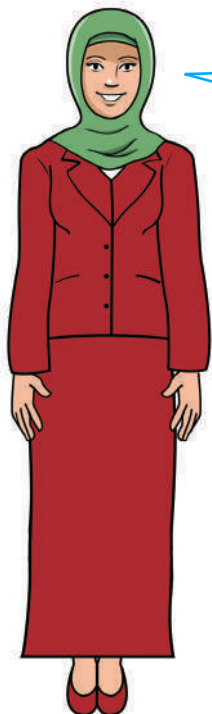


Say. Listen and tick ✓ or cross X



4

Read and tick ✓ or cross ✗



Good morning, children! I'm your new teacher. In your English lessons, you must speak English. You must listen. You must have your books. You must do your homework.

1. You must speak English.
2. You mustn't listen.
3. You mustn't do your homework.
4. You mustn't have your books.

☐
☐
☐
☐

5



Listen and point



6



Listen and say



shout



mountain

7

Say



At home, I must
help my mother.



At school, I must
listen to my teacher.

8



Sing



On a bus trip,
you must sit down.
You mustn't stand up
and you mustn't shout.

On a school trip,
you mustn't forget
your lunch and water
and a hat for your head.

Look for animals
on a mountain walk.
Listen to the guide
and you mustn't talk.



Is the cat jumping?

1



Listen and read

1

Can you see that bird?
It's an eagle.

Where is it?
Is it sitting in
the tree?

No, it isn't. It's
flying in the sky.



2

What's that
animal?

It's a goat.

Is it looking
at us?

Yes, it is. Many people come here
to see them. They're safe here.

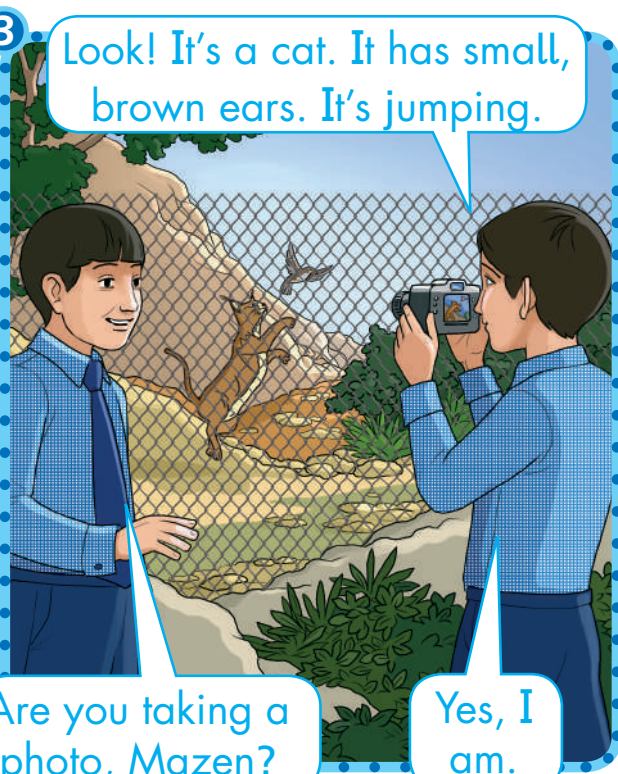


3

Look! It's a cat. It has small,
brown ears. It's jumping.

Are you taking a
photo, Mazen?

Yes, I
am.



4

I can hear
some animals.

They're
wolves.

Are they
sleeping?

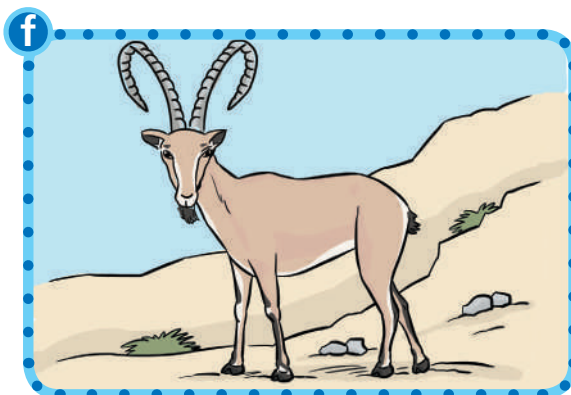
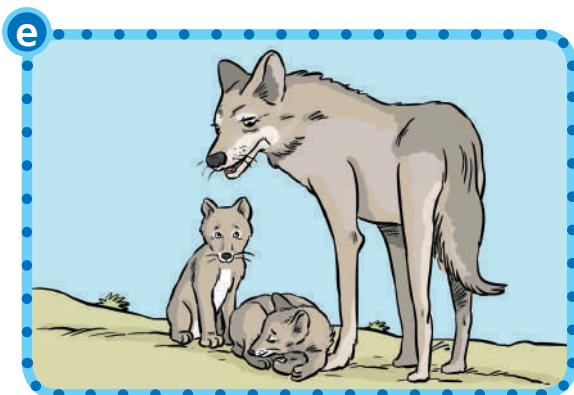
No, they aren't.
They're playing!



2



Listen and point



3

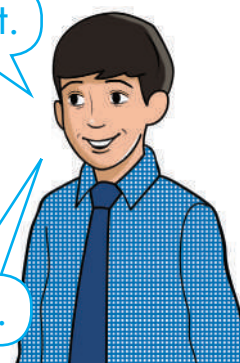
Ask and answer

Is it
sleeping?



No, it isn't.

Yes, it is.

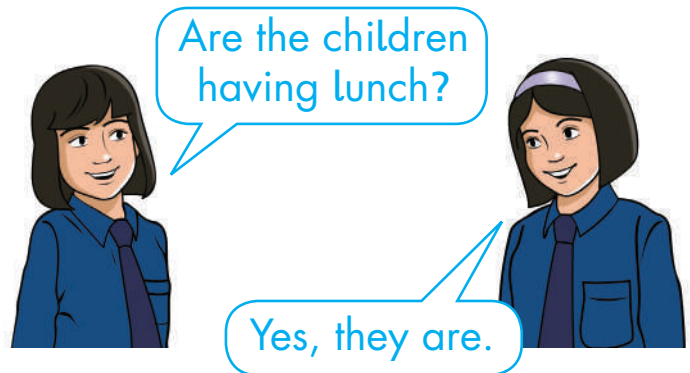


4

Read, ask and answer

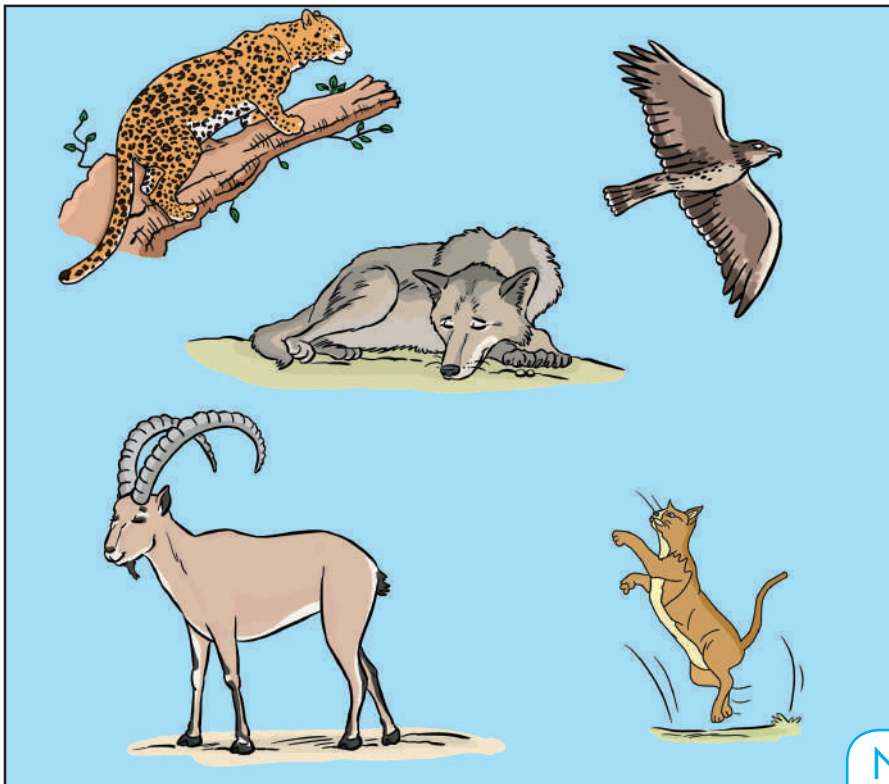
The children are having their lunch in the mountains. Samira is drawing the animals in Wadi Mujib. A leopard is running. A wolf is sleeping. The goats are walking. Frogs and fish are swimming in the river.

- 1) Are the children having lunch?
- 2) Is Samira writing?
- 3) Is the leopard running?
- 4) Is the wolf sleeping?
- 5) Are the goats drinking?
- 6) Are the frogs and fish swimming?

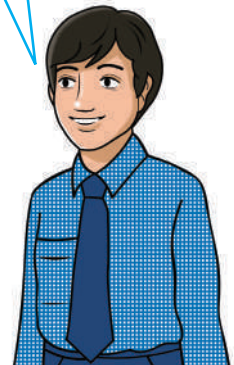


5

Ask and answer



Is the cat sleeping?



No, it isn't. The cat is jumping.



6



Listen and say



hear



ear

7

Say

In the mountains,
there are goats.



In the mountains, there
are goats and wolves.

8



Sing



Are you listening to the guide?
Yes, I am. Yes, I am!
He's talking about animals and
birds.

Is the teacher walking with
you?
Yes, she is. Yes she is.
She's walking in the mountains
with the class.

Are you getting cold and tired?
No, I'm not. No I'm not.
I'm happy and it's sunny and
it's hot!



1



Listen and read

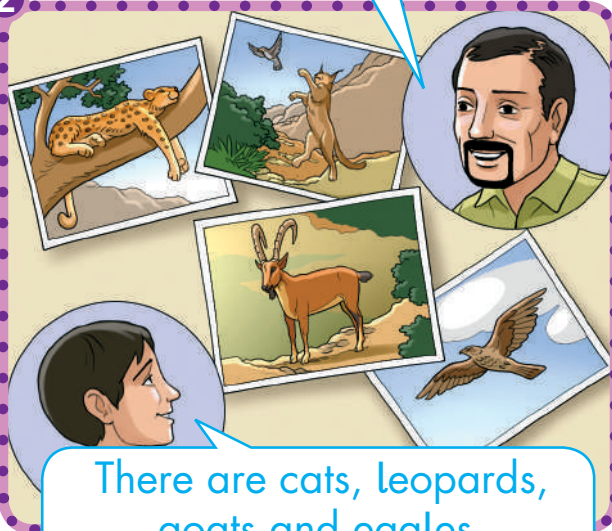
1

Here are our photos of our class trip to Wadi Mujib!



2

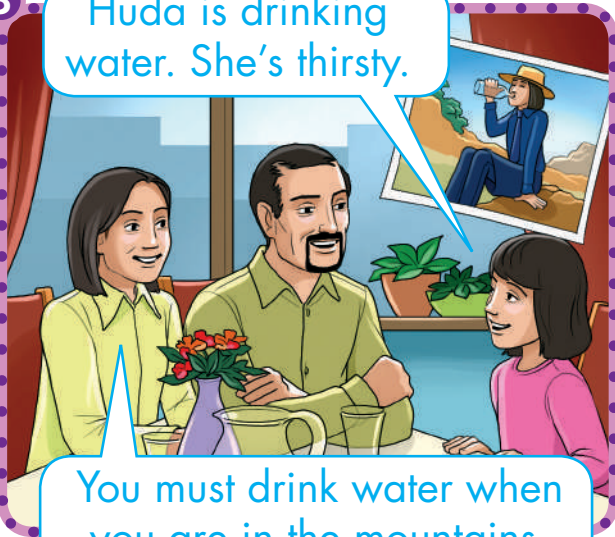
What animals and birds are there in Wadi Mujib?



There are cats, leopards, goats and eagles.

3

Huda is drinking water. She's thirsty.



You must drink water when you are in the mountains.

4

In this photo, we are having our lunch.



We like going to Wadi Mujib!

2

Say



You must listen to the teacher.

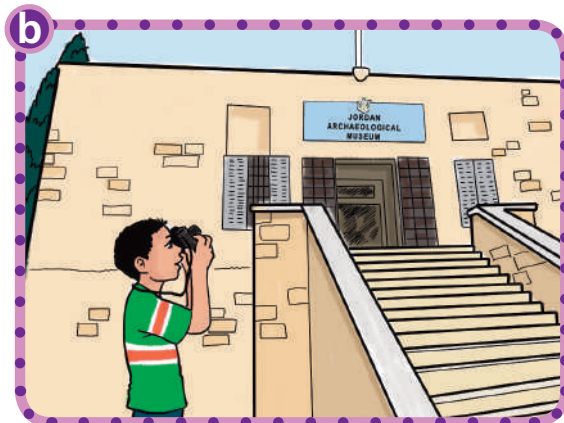
You mustn't shout.



3

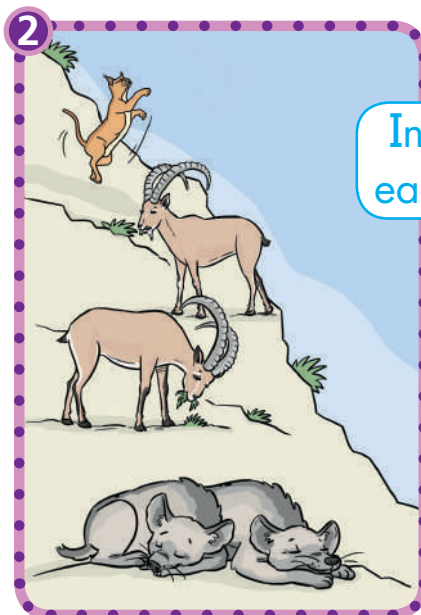


Listen and point



4

Look and say



In 1, there is an eagle. It is flying.

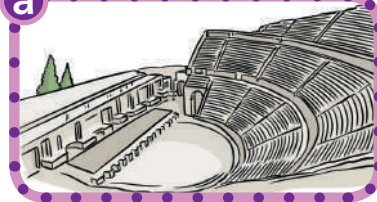


5

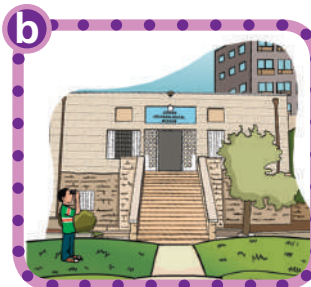
Read and match

- 1 In my city, there is a museum. It's on a hill, near my house.
- 2 My favourite place is the old Roman Theatre. It's in the old city.
- 3 There is a park in my city. There are lots of trees. You mustn't climb them.

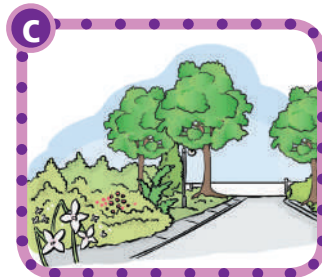
a



b



c



6



Sing



Are there any markets near your school?

Yes, there are! There are clothes and sweets and food.

Are there any big shops near your house?

No, there aren't! There's a big shop near the park.

Is there a restaurant in your street?

Yes, there is! There are lots of things to eat.

Is there a building on the hill?

Yes, there is! It's Roman and very old.



Happy Mother's Day

1



Listen and read

1

Don't forget! Next Wednesday is the 21st of March. It's Mother's Day!



We want to buy a present for Mum.

Let's go to the market on Saturday.

2

What do you want to buy?
Do you want to buy a scarf?



No, I don't.

I want to buy some flowers.

3

Oh, look at those delicious cakes!

Do you want to buy some cakes for Mum?



Yes, I do!

And let's make a card.

4

Happy Mother's Day, Mum!



Thank you!

2



Listen and order

a

January 15



b

March 21



c

May 25



d

June 5



e

June 21



f

October 5



3

Ask and answer

When do we plant trees?



We plant trees in January.

4

Read, point and match

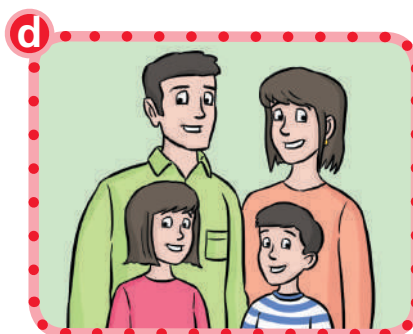
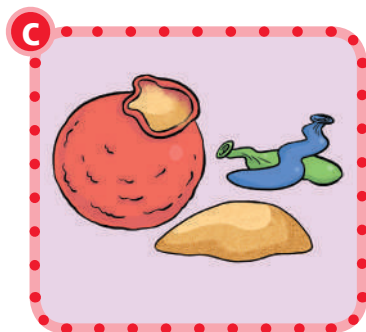
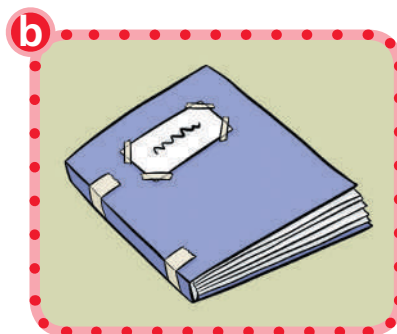
I want to make presents for my family! For my mum, I want to make a card. She likes flowers. I want to draw some flowers on her card. For my dad, I want to make a notebook. He likes writing in a notebook. For my brother, I want to make a ball. It's a balloon, with sand in it! And for my grandma and grandpa, I want to draw a picture of our family.

Grandma and Grandpa

My brother

Mum

Dad



5

Ask and answer

It's Mother's Day. Do you want to buy some perfume for your mother?

No, I don't. She doesn't want perfume.

Do you want to buy a cake?

Yes, I do. She likes cakes!

6



Listen and say



7

Look and say

In July, I go on holiday with my family.



8



Project. Make a Mother's Day card



Where is the bookshop?

1



Listen and read

1



First, we want to go to the bookshop. Then, we want to go to the chemist's.

Next, we want to go to the post office. We want to buy some stamps.

2

Excuse me. Where's the butcher's?

Turn left here. It's next to the baker's.



Thank you.

3

Is there a toy shop in this street?

Yes, there is. Go straight on. It's opposite the post office.



Thank you.

4

Do you want to have lunch in this restaurant?

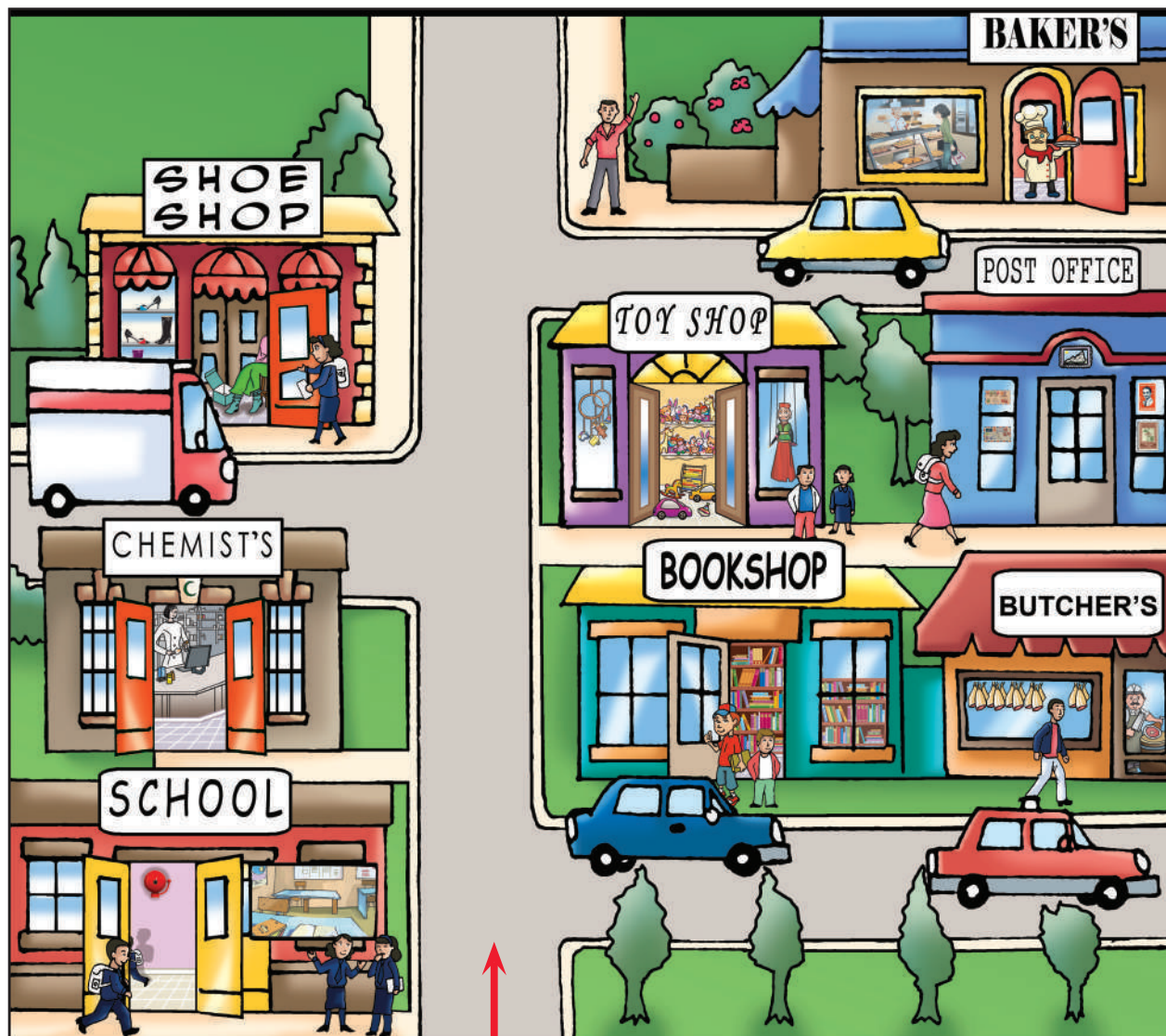


Yes, please!

2



Listen and find



3

Ask and answer

Where's the toy shop?

It's next to the post office.



4

Read, order and say

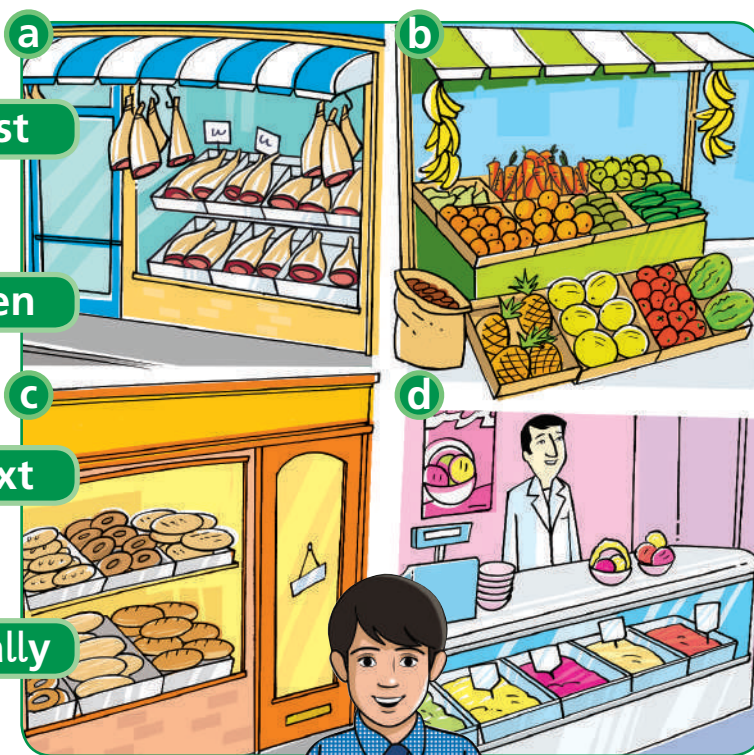
We go shopping on Saturday.
We go by car.
First, we go to the baker's.
We buy bread and cakes.
Then, we go to the market.
Mum buys fruit and vegetables.
Next, we go to the butcher's.
We buy lamb.
Finally, we go to an ice cream shop.
Dad buys ice cream for my brother and me!

First

Then

Next

Finally



First, they go to the baker's.

5

Ask and answer



I want to buy some medicine.

Go to the chemist's.

6



Listen and say



boy



toy

7

Ask and answer



Where's the bookshop?



It's next to the toy shop.

8



Sing



Excuse me, where's the butcher's?
I want to buy some meat.
Go straight on and then turn left.
It's next to the shoe shop.

Excuse me, where's the bookshop?
I want to buy a book.
Go straight on and then turn right.
It's behind the toy shop.

Excuse me, where's the market?
I want to buy some fruit.
Turn left and go straight on.
It's opposite the park.



1



Listen and read

1

Look at the board. Our project today is about being healthy.



2

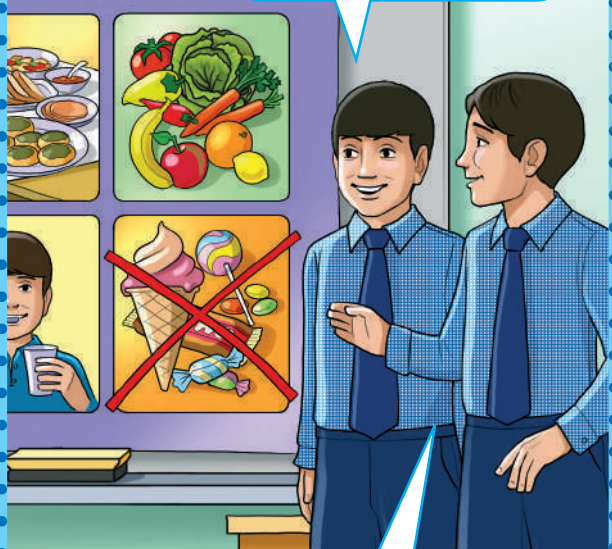
Have breakfast every day. It's good for you.



Brush your teeth in the morning and before you go to bed.

3

Eat a lot of fruit and vegetables.



Don't eat a lot of sweets or ice cream. They aren't healthy.

4

Do a lot of exercise. It's good for you.



Well done, children. You are all very healthy!

2



Match, listen and order



3

Look and say

shout

help

write

listen

look at

sit

stand

run

eat

drink

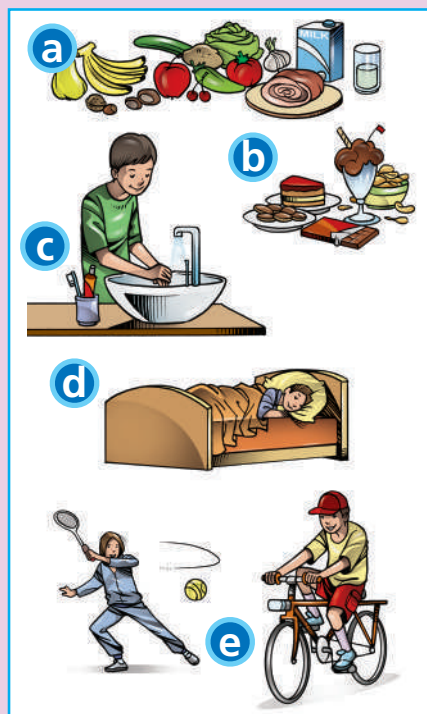
play

4

Read and match

Being healthy

- 1 Eat healthy food. Fruit and vegetables are good for you. Meat and milk are healthy, too.
- 2 Don't forget – wash your hands and brush your teeth.
- 3 Don't eat a lot of sweets, cakes or ice cream. They aren't healthy.
- 4 Do a lot of exercise, too. Play tennis or ride your bike!
- 5 What time do you go to bed? Go to bed early at eight o'clock. Sleeping is healthy, too!



5

Ask and answer

1. What do you have for breakfast?

2. Do you eat a lot of sweets, cakes and ice cream?

3. Do you like fruit and vegetables?

4. Do you do a lot of exercise?

5. Do you brush your teeth before you go to bed?

6. What time do you go to bed?

Are you healthy?



6



Listen and say



fruit



juice

7

Ask and answer



Is meat healthy?



Yes, it is.

8



Project. Make a poster about being healthy



Unit 16 Review

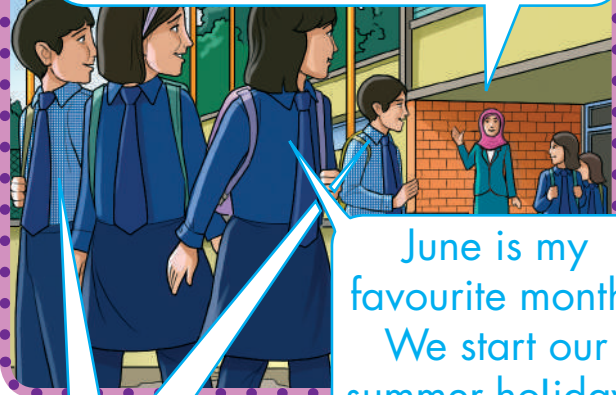
1



Listen and read

1

Goodbye children! Have a good holiday. Don't eat a lot of sweets and ice cream!



June is my favourite month. We start our summer holiday!

Goodbye, Miss!

2

I want to go to the market, children. I want to buy some fruit and vegetables.



Oh, good! They are very healthy.

3

Excuse me, where's the post office?



Go straight on. Turn left. It's opposite the butcher's.

Thank you.

4

Would you like some fruit juice?



Yes, please, Mum!

2

Ask and answer



How can we be healthy?

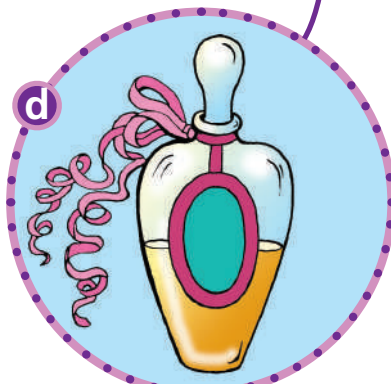
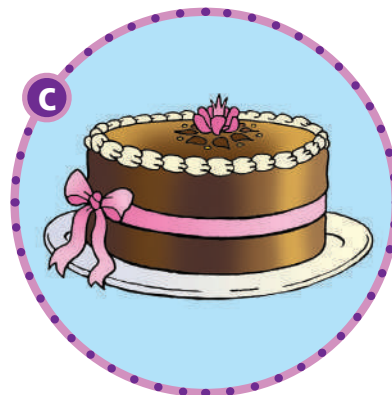
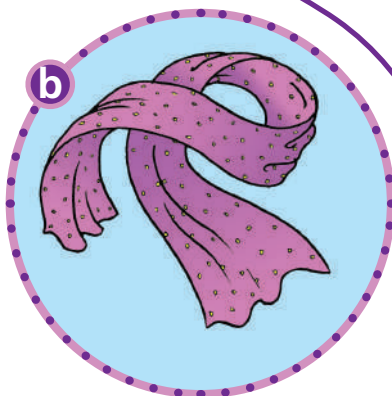
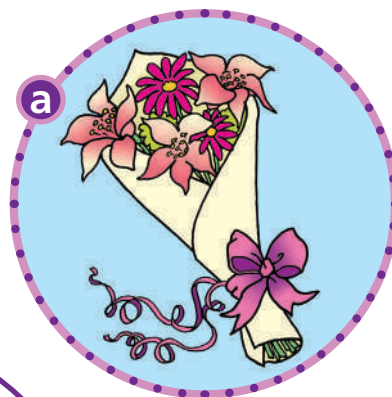
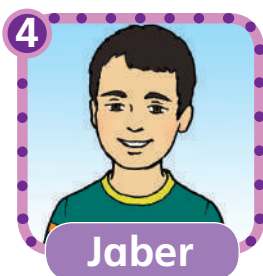
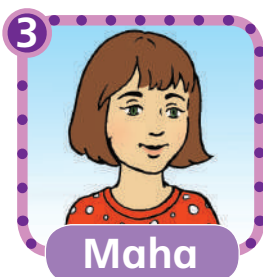
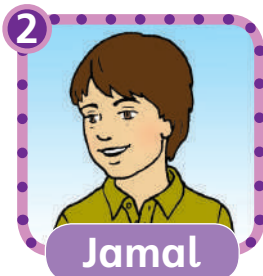
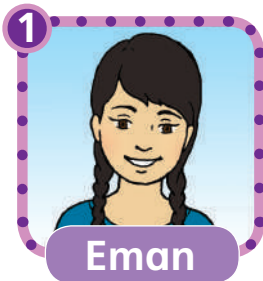


Eat a lot of fruit. Don't eat a lot of sweets.

3



Listen, match and say

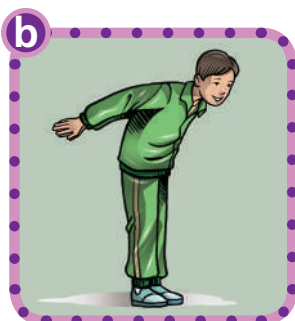


Eman wants to buy some perfume for her mother on Mother's Day.

4



Listen and order



5

Ask and answer



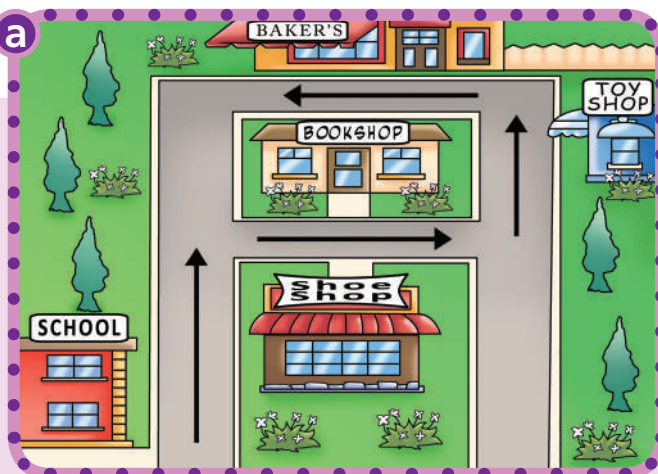
6

Read and match

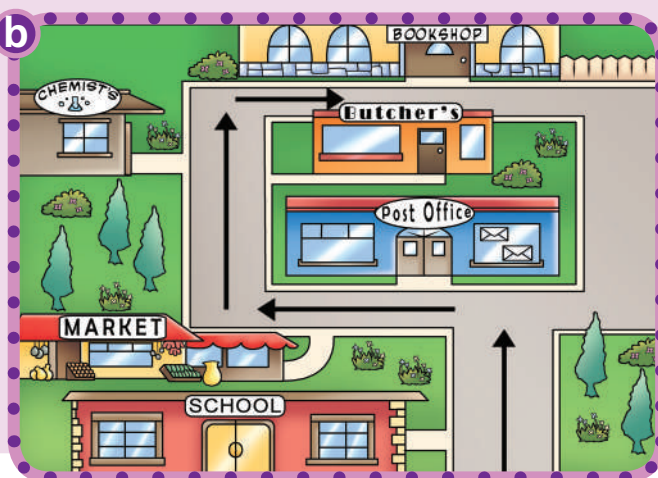
1 You are at the school. First, go straight on. Turn left. Don't turn right! You can see the market and the post office. Then, turn right. You can see the chemist's and the butcher's. Finally, turn right. What can you see?

2 You are at the school. First, turn right. Don't turn left! You can see the shoe shop and the bookshop. Next, turn left. You can see the toy shop. Finally, turn left. What can you see?

a



b



7



Sing



Turn left, turn right!
And play this game.
Don't look up.
Don't look down.
Now say your name!

Sit down, stand up!
And touch your head.
Brush your teeth.
Wash your hands
and go to bed!

