

UNIT 4

Lessons 19~24

Healthy Me



Lesson 19 Let's Exercise!

1 Listen and match. 听音连线。

a.



walk after dinner

b.



swim

c.



play football in
the afternoon

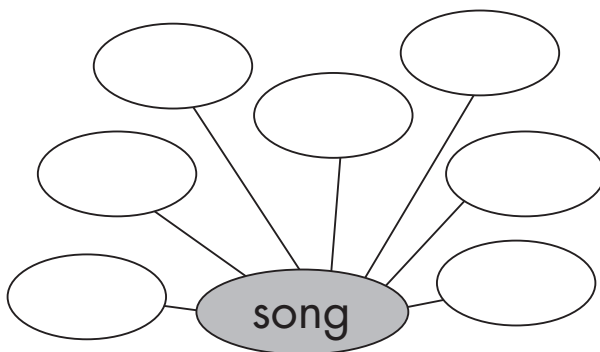
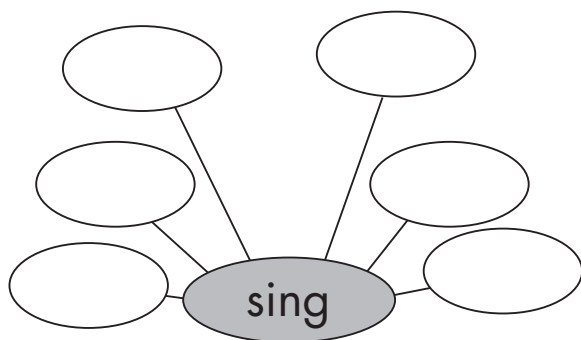
d.



ride a bike

2 Group the words. 将单词归类。

sing book ride football dish run play kite fly
bed bike song swim basketball wash



3 Look and write. 看图，写句子。



What do you like to do?

a.



I _____.

b.



I _____.

c.



I _____.

d.



I _____.

ride a bike sing a song play basketball fly a kite

4 Make a survey. 采访你的朋友或家人，看看他们每天都喜欢做什么，填在表格中。

Name	What do you like to do on _____?		
	Friday evening	Saturday morning	Sunday afternoon

Lesson 20 Eat Good Food!

1 Listen and match. 听音连线。



2 Make sentences. 连词成句。

a. foods and drinks all These are good

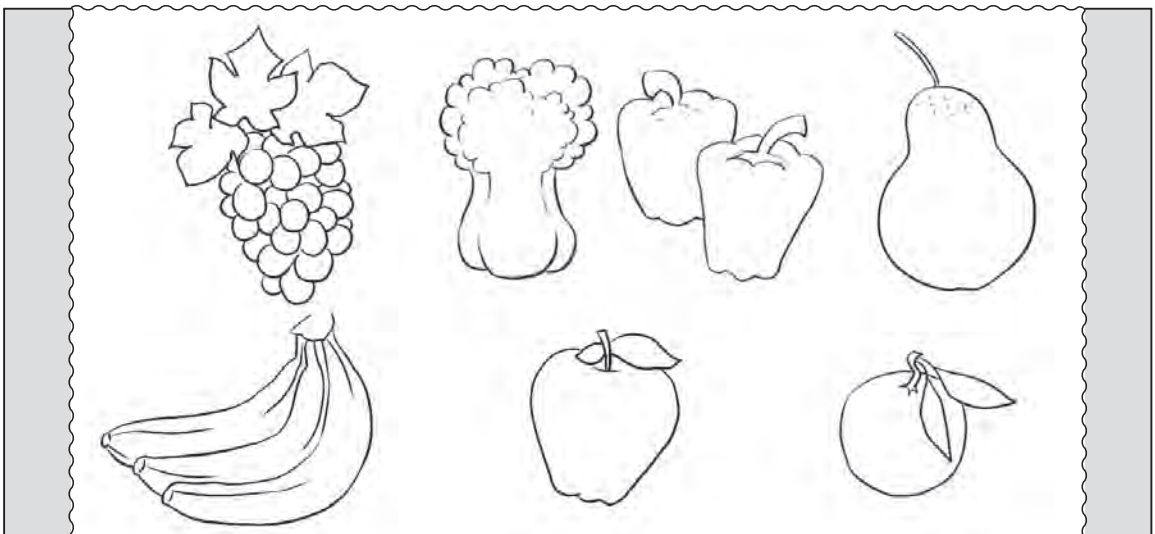
b. eat or drink them You should every day

c. eat I bread and eggs like to

d. What for breakfast you eat do

3 Read and colour. 读短文，并涂色。

I like to eat fruits and vegetables. They are good for me. They are colourful. Look at the picture. The apple is red. The grapes are purple. The bananas are yellow. The pear is yellow, too. The orange is orange. I have green vegetables every day.



Lesson 21 Good Habits

1 Listen and circle. 听音，圈😊或😞。

a.



b.



c.



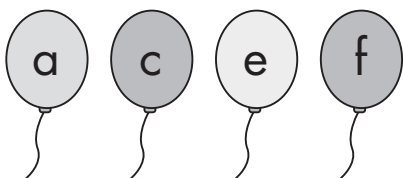
d.



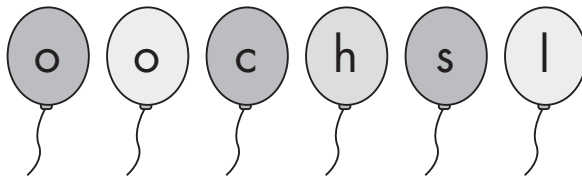
2

Unscramble and write words. 排列字母，组成单词，并写下来。

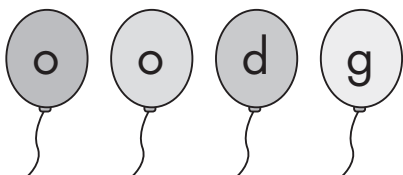
a.



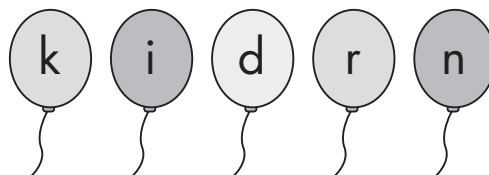
b.



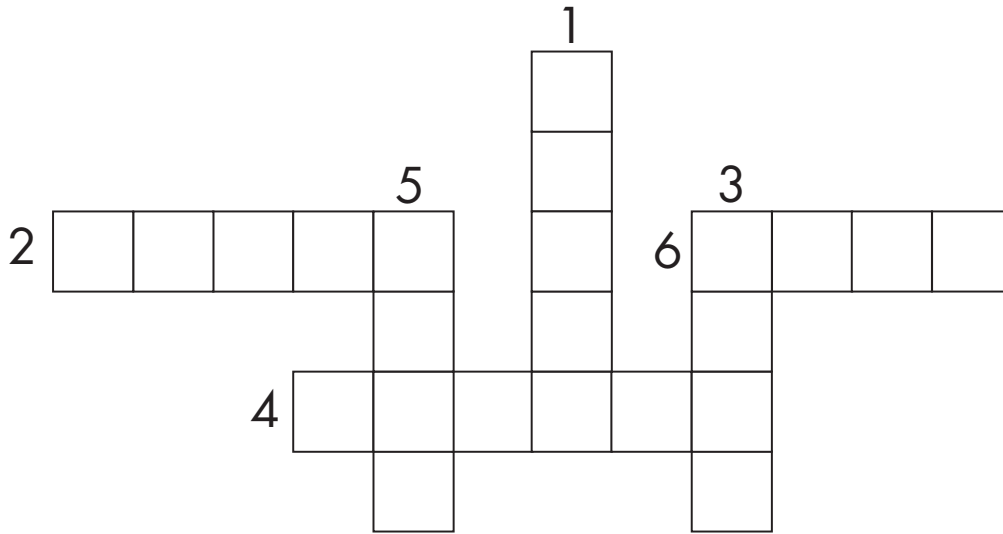
c.



d.



3 Word puzzle. 完成字谜。



a. She _____es(1)
her _____(2) every day.



b. He _____es(3)
the _____(4) after dinner.



c. She _____es(1)
her _____(5) in the morning.



d. They go for a _____(6)
after dinner.



brush wash teeth dishes walk hair

Lesson 22 Mother's Day

1 Listen and fill in the blanks. 听音填空。

- a. My mother _____ hard.
- b. She _____ every day.
- c. She _____ clothes every week.
- d. I'd like to _____ a _____ for her.





2 Read and match. 读一读，连一连。


- | | |
|-------------------------------|---|
| a. What day is it today? | That's a great idea. |
| b. What would you like to do? | Thank you! |
| c. What do you think? | It's Mother's Day. |
| d. Happy Mother's Day! | I'd like to make a nice breakfast for my mom. |

3 Look and fill in the blanks. 看图填空。

Mother's Day is coming. Li Ming would like to

_____  for his mom. Kim would like to

_____  for her mom. Jenny would like to

_____  for her mom. They all want to make

their moms _____ .

happy

buy a gift

make a card

make a nice breakfast

4 Think and write. 你想对妈妈说什么或者做什么呢？快来写一写吧！

I want to do: _____

I want to say: _____

Lesson 23 Visiting Mrs. Zhou

1 Read and draw 😊 **or** ☹️. 读课文，画 😊 或 ☹️。

- ☐ a. Mrs. Zhou is not very old.
- ☐ b. Li Ming and his friends visit Mrs. Zhou every day.
- ☐ c. They give Mrs. Zhou fruit and vegetables.
- ☐ d. Mrs. Zhou cooks for them.
- ☐ e. They tell Mrs. Zhou stories.

2 Make sentences. 连词成句。

a. wash her clothes help her We

b. tell you Let me a story

c. every Sunday Li Ming his grandpa visits

d. clean I'd like to after dinner my room

3 Read and choose. 读短文，选择正确的答案。

I'm May. My neighbour (邻居) is an old woman. She is seventy-five years old. Her son and daughter work in another (另一个) city. So I go to visit her after school every day.

I help her clean the room. She helps me, too. She tells me many stories. We sing many songs together (一起). We are happy every day.



- a. How old is the old woman?
A. **75** B. **57**
- b. How many children does the old woman have?
A. Three. B. Two.
- c. How does May help the old woman?
A. She helps her clean the room.
B. She tells her many stories.
- d. How do they feel?
A. They are happy.
B. They are sad.
- e. When does May go to visit the old woman?
A. Every Sunday.
B. Every day.

Lesson 24 A Little Monkey

1 Read and circle. 读一读，圈一圈。

a. Who is ill?



b. What does the monkey want to eat?



c. What does the little monkey see first?



d. What does the little monkey take back at the end of the story?



2 Choose and write. 选择单词完成句子。

a. The little monkey _____ to play.

b. His friend is _____.

c. The little monkey goes to find some _____.

d. He sees an apple and an _____.

e. The little monkey takes a big _____ to his friend.

fruit likes ill apple watermelon orange

3 Listen and circle. 听音，圈出正确的答案。

- a. Would you like some fruit?
A. Yes, please. B. No, thanks.
- b. Can you play with me?
A. Yes, I can. B. Sorry, I can't.
- c. What would you like to do?
A. I'd like to make a card for my teacher.
B. I'd like to make a meal for my mother.
- d. What are these?
A. These are all good food.
B. These are all good books.

4 Match the sentences. 将句子连线。

a. My head hurts.

Yes, please.

b. Would you like some fruit?

Sorry, I can't.
My friend is ill.

c. Can you play with me?

Thank you so much.

d. I have a watermelon for you.

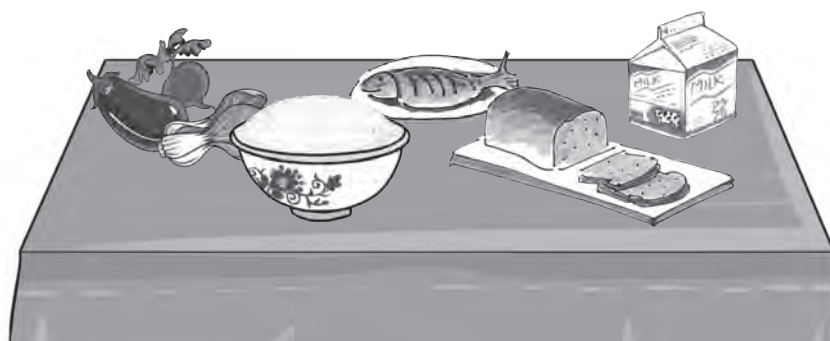
Let me help you.

Unit 4 Review

1 Listen and choose. 听音，选择正确的答案。

I like a. I love noodles. I eat b every day.
I eat c every week. I have d for breakfast.
I am very healthy.

- | | |
|------------------------|-------------------|
| a. A. good food | B. good fruit |
| b. A. meat | B. vegetables |
| c. A. fish and chicken | B. fish and rice |
| d. A. egg and milk | B. bread and milk |



2 Read and colour. 读一读，涂色。

Colour the good habits green. Colour the bad habits red.

a. I eat breakfast every day.

b. I drink a lot of water.

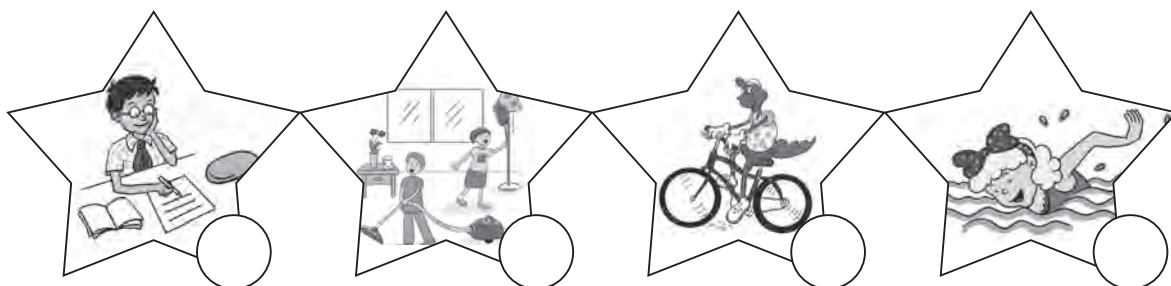
c. I eat too many donuts.

d. I help my parents.

e. I brush my teeth three times a week.

f. I don't play with my friends.

3 Read and match. 读一读，将图片与句子相匹配。



- a. I ride my bike three times a day.
- b. In the evening, I do my homework.
- c. We will clean the room on Mother's Day.
- d. I like to swim in summer.

4 What do they like to do? Look and answer. 他们喜欢做什么？看图，回答问题。

a.



She _____.

b.



They _____.

c.




She _____.

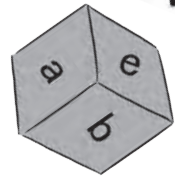
d.



He _____.

5 Play, ask and answer. 玩游戏，问答。

Make a paper cube . Write the letters **a** to **f** on each side. Throw the cube, and then ask the question.



a.

How old
are you?

b.

What do you like to
do in the evening?

c.

What food
do you like?

d.

What time do
you go to bed?

e.

Can you tell
me a story?

f.

What do you do
to help others?



LISTENING MATERIALS

Lesson 1

3. Listen, write and match the sentences with the pictures.
- a. My grandpa feels very happy.
 - b. The teacher is very angry.
 - c. The boy is sad.
 - d. The girl feels tired.

Lesson 2

2. Listen and colour.
- a. Cold. It's very cold.
Colour the picture blue.
 - b. Cool. This is cool.
Colour the picture green.
 - c. Warm. I feel warm.
Colour the picture orange.
 - d. Hot. It's very hot.
Colour the picture red.

Lesson 3

2. Listen and choose the best answers.
- My name is Lu Ke. I'm a boy. I feel sad today. I hurt my leg and knee. Look! My knee is red.

Lesson 4

1. Listen and tick or cross.
- a. — Are you okay?
— No, my nose hurts.

- b. — How do you feel?
— I feel happy.
- c. — What's the matter?
— My ear hurts.
- d. — My foot hurts.
— Let's go to the hospital.
- e. — How do you feel?
— Cold! I feel very cold!
- f. — My leg hurts. It hurts so much.
— Let's go to see a doctor.

Lesson 5

1. Listen and circle.
- a. — How do you feel?
— Sad. I feel sad.
 - b. — How do you feel?
— Hot. I feel very hot.
 - c. I am tired. I want to go to bed.
 - d. I feel very angry.

Lesson 6

2. Listen and write.
- Mom: Mary, time for school.
Mary: Mom, I am ill. I don't feel very good.
Mom: Oh no! What's the matter?
Mary: My ear hurts. It hurts so much.
Mom: Okay, let's go to the hospital.

Unit 1 Review

1. Listen, write and match.
 - a. She feels angry.
 - b. He feels warm.
 - c. She feels cool.
 - d. He feels tired.
 - e. She is hot.
 - f. He is cold.

Lesson 8

1. Listen and circle.
 - a. — What's this?
— It's a cat.
— Can a cat fly?
— No.
 - b. — What's this?
— It's a dog.
— Can a dog dance?
— No.
 - c. — What's this?
— It's a fish.
— Can a fish swim?
— Yes.
 - d. — What's this?
— It's a bird.
— Can a bird sing?
— Yes.

Lesson 9

1. Listen and circle.
Old McDonald has a farm.
There are many animals on the farm. I can see two dogs, three horses, five cows, four pigs and one cat.

Lesson 11

1. Listen, write and circle.
Look at this picture. What can I see? I can see a duck and a chicken. I see a fish, a bird, a cow and a horse. I see a rabbit and a sheep.

Unit 2 Review

1. Listen, write and circle.
 - a. — Can a sheep jump?
— Yes, it can.
 - b. — Can a cat fly?
— No, it can't.
 - c. — Can a chicken play with a ball?
— No, it can't.
 - d. — Can a cow sing?
— No, it can't.

Lesson 13

1. Listen and circle.
 - a. — What time is it?
— It's eight o'clock.
 - b. — What time is it?
— It's six fifteen.
 - c. — What time is it?
— It's eleven o'clock.
 - d. — What time is it?
— It's twelve o'clock.

Lesson 14

2. Listen and circle.
 - a. — What time do you have lunch?
— I have lunch at 12:15.

- b. — What time do you go to school?
— I go to school at 9:00.
- c. — What time do you get up?
— I get up at 7:16.
- d. — What time do you wash your face?
— I wash my face at 7:19.

Lesson 15

- 2. Listen and circle.
- a. — How many animals are there on this farm?
— Eleven.
- b. — What do you see on my desk?
— A pencil box.
- c. Miss Zhang's class has thirty-six desks.
- d. My teacher is twenty-four years old.

Lesson 16

- 1. Listen and circle.
- a. — What do you do in the evening?
— I watch TV with my father and mother.
- b. — What do you do in the evening?
— I wash my clothes.
- c. — What do you do in the evening?
— I do my homework.
- d. — What do you do in the evening?
— I read books.

Lesson 17

- 1. Listen and number.
- a. "Good night!" Jenny says to her mom and goes to bed.
- b. Danny watches TV in the evening.
- c. Li Ming does his homework in the afternoon.
- d. Miss Zhang washes her clothes at nine.
- e. Steven washes his hands after dinner.
- f. Kim plays ping-pong with her brother on Sundays.

Unit 3 Review

- 1. Listen and draw lines.
twenty-three, thirty-three, thirty, twenty-one, thirty-two, forty-one, forty-two, twenty-six, thirty-eight, forty-three, forty-five, thirty-six, forty-seven, forty-six, twenty-eight, twenty-two, thirty-five, twenty-five, twenty-four, twenty, forty-nine, thirty-nine
- 3. Listen and fill in the blanks.
- a. Lynn plays games at two thirty in the afternoon.
- b. Bob dances to the music at eight forty in the morning.
- c. Jenny washes dishes at six twenty in the evening.
- d. Mrs. Smith sings at seven fifteen in the evening.
- e. Mr. Smith talks to Jenny at eight thirty-five in the evening.

Lesson 19

1. Listen and match.
- a. The boys like to play football in the afternoon.
- b. Jenny likes to ride a bike.
- c. They like to walk after dinner.
- d. My grandpa likes to swim.

Lesson 20

1. Listen and match.
- a. Jenny likes to eat bananas.
- b. Li Ming likes to drink water.
- c. Steven likes rice.
- d. Kim likes to eat vegetables.
- e. Mr. Wood likes tea.

Lesson 21

1. Listen and circle.
- a. Jenny gets up early. Is this a good habit?
- b. Danny eats too much food a day. Is this a good habit?
- c. Li Ming brushes his teeth every evening. Is this a good habit?
- d. John goes to bed late at night. Is this a good habit?

Lesson 22

1. Listen and fill in the blanks.
- a. My mother works hard.
- b. She cooks every day.
- c. She washes clothes every week.
- d. I'd like to make a card for her.

Lesson 24

3. Listen and circle.
- a. — Would you like some fruit?
— Yes, please.
- b. — Can you play with me?
— Sorry, I can't.
- c. — What would you like to do?
— I'd like to make a card for my teacher.
- d. — What are these?
— These are all good food.

Unit 4 Review

1. Listen and choose.
I like good food. I love noodles. I eat vegetables every day. I eat fish and rice every week. I have bread and milk for breakfast. I am very healthy.