# **UNIT 4**

# Lessons 19~24 Good Habits



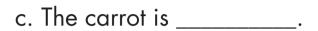
# Lesson 19 Eat More Vegetables and Fruit

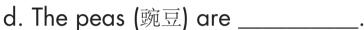
- Listen and choose the correct answers. 听音, 选择正确的答案。
- a. What would you like to eat, Li Ming?
  - A. I'd like some vegetables.
  - B. I'd like potatoes and tomatoes.
- b. How often do you eat carrots, Kim?
  - A. About four times a week.
  - B. About four times a month.
- c. How often do you eat fruits, Jenny?
  - A. Once a day. I like all kinds of fruits.
  - B. Twice a day. I like fruits.
- d. Do you often eat meat, Danny?
  - A. No, not often.
  - B. Yes, very often.
- e. How often do you drink water, Steven?
  - A. About five times a day.
  - B. About eight times a day.

## 2 Write and colour. 写写颜色单词,给图片涂色。



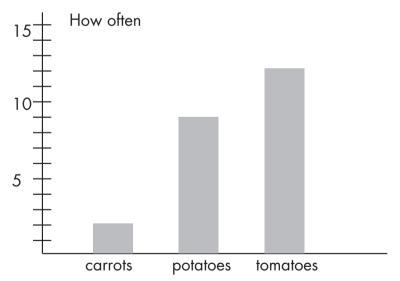








This is how often Li Ming eats vegetables during the week. Fill in the blanks. 看图表,填空。



a. Li Ming's favourite vegetable is \_\_\_\_\_\_.

b. What vegetable does Li Ming eat nine times a week?

c. Li Ming needs to eat more \_\_\_\_\_.

# Lesson 20 Always Brush Your Teeth!

- 1 Read and draw ① or 〇. 读课文,画 ① 或 〇。
- ( a. After breakfast, Li Ming brushes his teeth.
- b. Li Ming has breakfast at 7:00 every morning.
- •• c. Jenny doesn't always have breakfast.
- d. Jenny brushes her teeth three times a day.
  - 2 Listen and match. 听音连线。

6:30 run for morning exercise

6:45 get up and brush teeth

8:30 drink some tea

have an egg and some vegetables for lunch

walk for half an hour

listen to music

10:00 12:15 16:30

2	Maka	sentences.	本词出与
J	MUKE	semences.	<del>上</del>

a. goes school after to she breakfast	
b. sister beautiful her teeth has	•
c. his washes he before hands lunch	
d. time go what you do to bed	

## 4 Read and fill in the blanks. 读短文, 填空。

Tim is my good friend. He often gets u	p at half past six
in the m He always washes	s his f
and brushes his teeth b bred	akfast. Then he
goes to school. A school,	
he plays f with his friends.	
He thinks exercise can make him	
h	16 0 4 V

# Lesson 21 Exercise!

	1	Listen	and	fill	in	the	blanks.	听音填空。
ь.			<u> </u>					71 <b>7 7 7</b>

What can we do for	? Walking or running?
Riding or? You	can do what you want and
keep going. How much e	exercise do we need? We need
about twenty o	f exercise three times a day.
That's about an	every day. Exercise can help
make our body	and So start now!
Let's go!	
2 Fill in the blanks. ‡	真空。
a. There are	minutes in an hour.
b. There are	hours in a day.
c. There are	days in a week.
d. There are	weeks in a month.
e. There are	months in a year.

# 3 Look and answer the questions. 看图表,回答问题。

Sports How often				
Jane	Three times a week		Four times a week	
Tom		Twice a week		Once a day
May	Four times a month	Twice a day		
Jack			Once a day	Twice a week

- a. What sports does Jane like to do?
  - \_\_\_\_\_\_
- b. How often does May ride a bike?
- \_\_\_\_\_
- c. Does Jack like to walk?
  - \_\_\_\_\_
- d. Who likes to play football?

\_\_\_\_\_

# Lesson 22 Go to Bed Early!

1	isten, write and tick or 并判断这个习惯是( $$ )否(		
	a. I often read books in	in the	
	b. I always wash my h breakfast.		
	c. I go to bed	11:30 in the evening.	
	d. I like I ea	at them every day.	
2 R	Read and write. 读一读	英,写一写。	
a.	How often do you eat vegetables?		> >
b.	What vegetables do you like to eat?		> >
c.	How much exercise do you need?		
d. <	What do you do for exercise?		> >

### 3 Read and choose. 读短文,选择正确的答案。

Mary goes to school five times a week, from Monday to Friday. She gets up at 7:00 in the morning. Before breakfast, she washes her face and brushes her teeth. Then she goes to school. She works hard at school. After school, she plays basketball with the school team from 3:30 to 4:30. That's one hour! Then she goes home. At home, Mary does her homework. In the evening, she likes to play with her sister. At 9:00, she brushes her teeth and goes to bed early.

- a. How many times does Mary go to school a week?
  - A. Four times.
- B. Twice.
- C. Five times.
- b. What does Mary do before breakfast?
  - A. She washes her face and brushes her teeth.
  - B. She washes her hands and face.
  - C. She brushes her teeth.
- c. How many minutes does Mary exercise after school?
  - A. Fifty minutes. B. Seventy minutes. C. Sixty minutes.
- d. Does Mary go to bed early?
  - A. Yes, she does.
- B. No, she doesn't.
- C. We don't know.

# Lesson 23 I Can't Tell a Lie

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

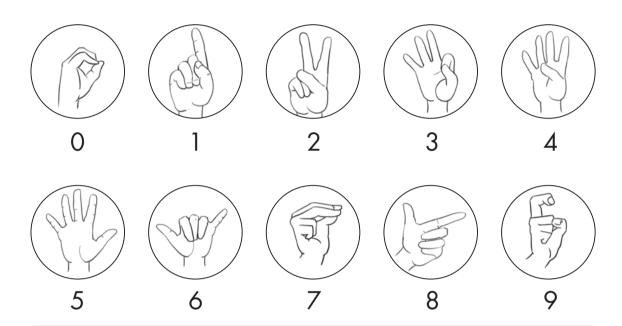
Long long ago, there was a He had many
on a small farm. One day when he was out
in the mountain with the sheep, he wanted to have
some fun. So he shouted (大喊), "Wolves are coming!"
All the came to help him. But there were no
wolves. The boy told a lie, but he felt So he
did it People were all
Later that day, wolves
really came. He for
help, but no one came. He was
very The story tells us
it is very important to be honest.

- Read and put the sentences in the correct order. 读课文,并将句子按正确的顺序排列。
- George's father smiled, "I'm happy you told the truth, my son! Being honest is more important than one hundred cherry trees."

He was very angry.	
In the evening, his fath poor tree.	er came home and saw the
George was very afra	id.
George's father asked to my favourite cherry	loudly, "What happened tree?"
One day, little George behind their house.	cut down a small tree
George cried, "I'm sor tree, Father! I can't tell	ry. I cut down your cherry a lie."
3 Read and choose. 读	课文,选择正确的答案。
a. When George was six y	ears old, his father
A. gave him an axe C. gave him a car	B. planted a tree
b. When George's father s	saw his tree, he was
A. very happy C. very angry	B. very excited
c. At the end, his father sm	niled. He thought
is more important. A. a cherry tree C. money	B. being honest

# Lesson 24 Helen Keller

Learn these sign languages. 学习下列手势语。



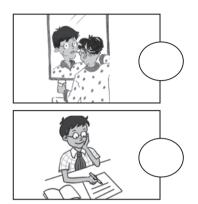
- Listen and choose the correct answers. 听音, 选择正确的答案。
- a. Where was the writer born?
  - A. In the U.S.
    - B In the UK
- b. How old was Zhang Haidi when she became ill?
  - A. Two years old. B. Five years old.
- c. How old was Deng Jiaxian when he came back to China?
  - A. Twenty-six years old. B. Twenty-five years old.
- d. When did Qian Xuesen go to study in the U.S.?
  - A. In 1935.

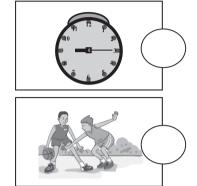
B. In 1945.

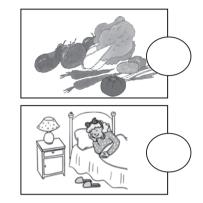
3 Read and tick or cross. 读故事,判断正( $$ )误( $\times$ )
a. Helen Keller was born deaf and blind.
b. Helen often got angry when she was a child.
c. Helen started to learn words when she was six years old.
d. Helen's parents taught Helen to speak, read and write.
e. Helen became a great writer.
4 Read and fill the blanks. 读短文, 填空。
The Story of My Life is really inspiring (鼓舞人心的). Helen Keller was deaf and blind. She still tried hard to study and Her story to never give up (放弃)
hope. When we, we can make our dream come true. We should work hard, keep working, and have hope for the future.
keep trying help others taught us

# **Unit 4 Review**

### 1 Listen and number. 听音标号。







### 2 Read, write and match. 填写单词,并连线。

a. What do you always do in the morning?

I wash \_\_\_\_\_ three \_\_\_\_ a week.

b. How often do you wash dishes?

I always \_\_\_\_ my teeth \_\_\_\_ breakfast.

c. When do you go to bed on weekdays?

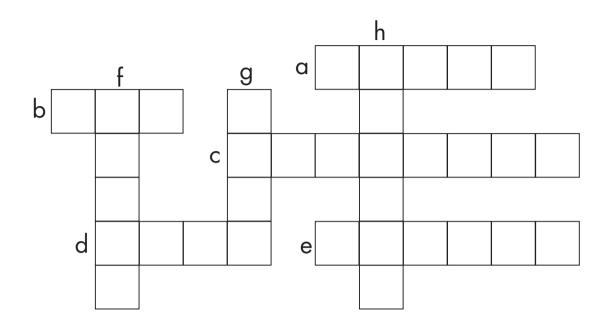
I do 45 \_\_\_\_ of \_\_\_ of \_\_\_

d. How long do you exercise every day?

I \_\_\_\_\_ to bed at 9:30 in the \_\_\_\_.

times dishes before minutes brush go evening exercise

## 3 Word puzzle. 完成字谜。



- a. I get up e\_\_\_\_\_ this morning.
- b. They run to the window and c\_\_\_\_\_ for help.
- c. Swimming is good e\_\_\_\_\_.
- d. It takes about an h\_\_\_\_\_ to get there.
- e. There are sixty m\_\_\_\_s in an hour.
- f. David, is it you here?
  - Yes, that's r\_\_\_\_\_.
- g. Sorry, I can't h\_\_\_\_ you very well.
- h. He was a\_\_\_\_ to cross the river.

4 Look and write the words. 看图,写单词。
a. I eat and every day.
b. I wash my before breakfast, lunch and dinner.
c. I often do after school.
d. I go to early in the evening.

# 5 Write about your day. 写写你的一天。

l get up
I like to eat
I like to read
I like to play
I go to bed

# LISTENING MATERIALS

#### Lesson 1

- 1. Listen and match.
- a. The train arrives in Beijing at half past five.
- b. The bus arrives at the airport at 4:45.
- c. Please sit down. The plane will arrive in Shanghai at 9 p.m.
- d. It's 4:20 in the afternoon. I arrive at home by bike.

#### Lesson 2

2. Listen and choose.

Tony lives in a big house. He lives with his father, his mother and his little brother. There are three bedrooms in his home.

#### Lesson 3

- 1. Listen and circle.
- a. What would you like

- for breakfast, Jenny?
- I'd like two eggs and some milk.
- b. Steven, what would you like for lunch?
  - I'd like a hot dog, some fruits and water, please.
- c. What would you like, Lynn?
  - I'd like some bread and vegetables.
- d. What would you like for dinner, Mom?
  - I'd like some rice,
     vegetables and fish.

#### Lesson 4

 Listen and write the words in the correct rooms.
 I have a big house.

There are four rooms in my house. In my bedroom, I have some toys and a bed. I go to sleep at nine o'clock in the evening. In the living room,

there are some chairs and desks. I like to watch TV in the living room. There is a toilet in the bathroom. I brush my teeth there. In the kitchen, I cook food. There are some vegetables, eggs and dishes in it.

#### Lesson 5

Listen and choose.
 This is my family. My mother is reading the newspaper in the living room.

My father is watching TV beside my mother. He watches TV every evening.

My brother is playing on the computer in his bedroom. He loves computer games.

#### **Unit 1 Review**

- 2. Listen and choose.
- a. Li Ming gets up at6:45. Then he washes his face.
- b. The plane arrives in Canada at half past ten.
- c. My uncle meets his friends

- at the airport.
- d. They have dinner in a restaurant at 7:30.

#### Lesson 7

- 2. Listen and circle.
- a. Do you always go to school by bus, Mary?
  - No. I always go to school on foot.
- b. How do you go to school on rainy days, Tim?
  - My dad drives me to school.
- c. Do you go to school by car, Lily?
  - No. I never go to school by car. I go to school by bus.
- d. Do you ride your bike to school, Jack?
  - Yes. I often ride my bike to school.

- 1. Listen and match.
- a. I have an art class at11:00 in the morning on

- Friday.
- b. We have a math class at 8:30 in the morning every Monday.
- c. On Tuesday, they have a Chinese class at half past two in the afternoon.
- d. She has a music class at 4:00 in the afternoon on Wednesday.
- e. In a week, we will have three English classes.

- 1. Listen and match.
- M: Hello, I'm Tom. I come from the U.K. Where are you from?
- W: Hi, Tom, I'm Sarah. I'm from Australia. How old are you?
- M: I'm twelve. And you?
- W: I'm ten years old. Do you know that boy?
- M: Yes, he's Peter. He comes from Canada. He's eleven years old.
- W: Oh, I see. Who is your English teacher?
- M: Mr. Brown. He is very

nice.

- W: I know him. He is from the U.S. How old is he?
- M: Thirty-five, I think.

#### Lesson 10

- 2. Listen and number.
- a. The ice is cold.
- b. This is hot water.The temperature is 100 degrees.
- c. The water is warm. It's 30 degrees.
- d. Be careful! The fire is very hot.

- 1. Listen and match.
- a. Jenny always helps her mom on weekends.
- b. Steven sometimes goes to school by bus.
- c. Danny often cleans his bedroom from Monday to Friday.
- d. Kim never cooks meat, because she doesn't like meat.

- 1. Listen and circle.
- a. Is science your favourite subject?
- b. Ms. Green is our math teacher.
- c. My father is a bus driver.
- d. Please look at the blackboard.
- e. You should drink more water every day.

#### **Unit 2 Review**

- 2. Listen and write.
- a. My mother sometimes goes to the library.
- b. I often eat breakfast.
- c. My father always goes shopping.
- d. I sometimes go to school by bike.
- e. My sister always wears a skirt.
- f. I often sing a song.
- g. My grandma never goes to bed late.

#### Lesson 13

- 1. Listen, match and write.
- a. David and his cousin always play basketball after school.
- b. Han Han often plays football with his friends.
- Li Ming's father likes to go fishing every weekend.
- d. Jenny and her friends sometimes play ping-pong.

#### Lesson 16

1. Listen and tick or cross.

Bob is Jenny's brother. He is twenty years old. He is a policeman. On Saturday, he is a basketball player. He plays basketball for fun. His team always wears blue shorts and blue T-shirts. And the other team wears orange shorts and orange T-shirts.

- 1. Listen and number.
- a. What did you do this afternoon?
  - We watched a ping-pong game.
- b. What did you do this evening?
  - We played a football game.
- c. What did you do this morning?
  - We learned some Chinese.
- d. What did you do today?
  - I saw a science film.

#### Lesson 18

2. Listen and choose the correct answers.

Football is a sport played between two teams.

Each team has eleven players. Football is played in more than two hundred countries. It is a popular sport.

#### **Unit 3 Review**

- 1. Listen and choose the correct answers.
- a. Do you have any football shoes?
  - Yes, we do.
- b. Is your father a policeman?
  - Yes, he is.
- c. Do you like this T-shirt or that T-shirt?
  - I like that T-shirt. It's red.
- d. What did you do in the evening?
  - I called my science teacher.

- 1. Listen and choose the correct answers.
- a. What would you like to eat, Li Ming?
  - I'd like potatoes and tomatoes.
- b. How often do you eat carrots, Kim?
  - About four times a week.

- c. How often do you eat fruits, Jenny?
  - Once a day. I like all kinds of fruits.
- d. Do you often eat meat, Danny?
  - No, not often. I often eat donuts!
- e. How often do you drink water, Steven?
  - About eight times a day.

2. Listen and match.
At 6:30 in the morning,
John gets up and brushes
his teeth. Then he runs for
morning exercise at 6:45. At
8:30, he walks for half an
hour. He listens to music at ten
o'clock. He often has an egg
and some vegetables for lunch
at 12:15 in the afternoon. At
4:30 p.m., he would like to
drink some tea to have a rest.

#### Lesson 21

 Listen and fill in the blanks.

What can we do for exercise? Walking or running? Riding or swimming? You can do what you want and keep going. How much exercise do we need? We need about twenty minutes of exercise three times a day. That's about an hour every day. Exercise can help make our body healthy and strong. So start now! Let's go!

- 1. Listen, write and tick or cross.
- a. I often read books in the bed.
- b. I always wash my hands and face before breakfast.
- c. I go to bed after 11:30 in the evening.
- d. I like vegetables. I eat them every day.

Listen and fill in the blanks.

Long long ago, there was a boy. He had many sheep on a small farm. One day when he was out in the mountain with the sheep, he wanted to have some fun. So he shouted. "Wolves are coming!" All the farmers came to help him. But there were no wolves. The boy told a lie, but he felt happy. So he did it again. People were all angry. Later that day, wolves really came. He cried for help, but no one came. He was very afraid. The story tells us it is very important to be honest.

#### Lesson 24

- 2. Listen and choose the correct answers.
- a. Charlotte Bronte was a famous writer. She was born in the U.K. in 1816.
- b. When Zhang Haidi was 5

- years old, she fell ill.
- c. When Deng Jiaxian was26 years old, he cameback to China.
- d. Qian Xuesen went to study in the U.S. in 1935.

#### **Unit 4 Review**

- 1. Listen and number.
- a. I think going to bed early is a good habit.
- b. Danny, you need to eat more vegetables. They're good for you!
- Exercise helps make your body healthy and strong.
- d. Before breakfast, I wash my hands and brush my teeth.
- e. Sixty minutes make an hour!
- f. I always do my homework before dinner.

# KEYS

#### Lesson 1

- 1. a. Beijing, 5:30
  - b. airport, 4:45
  - c. Shanghai, 9:00
  - d. home, 4:20
- 2. b. nine thirty/half past nine
  - c. ten fifteen
  - d. seven fifty-five
- 3. a. B b. C c. B

#### Lesson 2

- 1. a. kitchen b. toilet
  - c. floor d. bedroom e. study
- 2. a. A b. B c. A
- 3. a. TV—in the living room.
  - b. his teeth—in the bathroom.
  - c. noodles—in the kitchen.
  - d. her toy—in her bedroom.
  - e. a book—in the study.

#### Lesson 3

- 1. a. eggs, milk
  - b. water, hot dog
  - c. bread, vegetables
  - d. rice, vegetables, fish
- 2. a. No b. egg
  - c. Yes d. noodles e. fish
- 3. a. What, time, half, seven

- b. milk
- c. breakfast, kitchen
- d. eggs, table

#### Lesson 4

- 1. a. It's half past eleven.
  - b. I'd like vegetables and rice.
  - c. Sure.
  - d. Let's go to eat!
- 2. bedroom: toy, bed, sleep living room: chair, desk, watch TV bathroom: toilet, brush teeth kitchen: vegetables, egg,
  - dish, cook food
- 3. a. clock, dinner
  - b. dirty, wash
  - c. milk, vegetables

- 1. a. A b. B c. B
- 2. a. watching b. us, we
  - c. me d. them e. her
- 3. a. 图3
  - b. 图4
  - c. 图1
  - d. 图2
  - Li Ming is writing a letter. Bob is playing cards.

Jenny is watching TV. Mrs. Smith is reading the newspaper.

#### Lesson 6

- 1. c-e-b-f-a-d
- 2. a. help, dry, house
  - b. make, cook
  - c. dirty, shower, clean
  - d. What, time, six

#### **Unit 1 Review**

- 1. a. vegetables, milk
  - b. study, clock
  - c. hands, floor
  - d. kitchen
- 2. a. B b. B c. A d. B
- 3. a. 图4—living room
  - b. 图1—bedroom
  - c. 图3—kitchen
  - d. 图2—bathroom
- 4. a. It is 2:30/half past two.
  - b. I'd like vegetables, meat and rice for dinner.
  - c. It's a toilet.
  - d. She is cooking (eggs).
  - e. I can do my homework/ read books/draw pictures in the study.

#### Lesson 7

- 2. a. A b. C c. B d. C
- 3. always, Sometimes, often, driver

#### Lesson 8

- 1. a. Have an art class at 11:00 a.m.
  - b. Have a math class at 8:30 a.m.
  - c. Have a Chinese class at 2:30 p.m.
  - d. Have a music class at 4:00 p.m.
  - e. Have three English classes.
- 2. a. A b. B c. B

#### Lesson 9

- 1. Tom—图2—12 Sarah—图1—10 Peter—图4—11
  - Mr. Brown—图3—35
- 2. a. B b. A c. A d. B 3. a.⊕ b.⇔ c.⇔ d.⇔ e.⊕

#### Lesson 10

- 1. a. C b. B c. B
- 2. 4-3-1-2
- 3. a. It's sunny.
  - b. No, it isn't.
  - c. It's 15℃.
  - d. It's snowy.
  - e. I can wear trousers and a jacket.

- 1. a. ALWAYS—help her mom
  - b. SOMETIMES—go to school

by bus

- c. OFTEN—clean his bedroom
- d. NEVER—cook meat
- 3. a.  $\sqrt{b. \times c. \times d. \times e. \sqrt{}}$

#### Lesson 12

- 1. a. science b. Ms.
  - c. driver d. blackboard
  - e. water
- 2. b-a-e-d-c
- 3. a. C b. A c. B d. C
- 4. 图1: 暂停; 停止
  - 图2: 向右转
  - 图3: 向左转
  - 图4: 直行
  - 图5: 人行横道
  - 图6: 交通灯

#### **Unit 2 Review**

- a. Not always. Sometimes I take a bus.
  - b. No. My home is near the school.
  - c. There are 25 classes in our school.
  - d. I'm from Australia.
  - e. It's 24 degrees.
- 2. a. sometimes b. often
  - c. always d. sometimes
  - e. always f. often
  - g. never
- 3. c-d-a-b
- 4. a. but b. now c. driver
  - d. Ms. e. blackboard

- f. science g. water
- h. clean

#### Lesson 13

- 1. a. 图2 play basketball
  - b. 图1 play football
  - c. 图4 go fishing
  - d. 图3 play ping-pong
- 2. Jenny: sport, wear
- sports, but, football, any, balls

#### Lesson 14

1. Excuse me, do you have any T-shirts?—Yes! I'll show you!

Do you like the red one or the blue one?—I like the red one! Red is my favourite colour.

How much is the red one?—

15 dollars, please.

What sports do you play?— I play ping-pong.

- 2. a. but/and b. and c. or
  - d. but/and e. or f. and
- 3. Jenny: They are 90/ninety yuan.

Danny: They are 148/one hundred and fortyeight yuan.

Li Ming: They are 56/ fifty-six yuan.

- 1. a. B b. A c. A
- 2. heavy, light

- a. light, heavy
- b. light, heavy
- c. heavy, light

- 1. a.  $\times$  b.  $\sqrt{}$  c.  $\times$  d.  $\times$
- 2. a. They are going to watch Bob play basketball.
  - b. The game is at the school gym.
  - c. They arrive at the gym at 7:00 in the evening.
  - d. Bob catches the ball and throws the ball into the net.
- 3. evening, game, T-shirts, throwing, jumps, up, down

#### Lesson 17

- 1. 2-4-1-3
- 2. see—saw teach—taught buy—bought go—went think—thought
- 3. played, was, watched, player, felt, had
- jump up/down run throw catch play win lose cheer/yell watch

#### Lesson 18

- 1. a. poor b. football c. bottles d. coach
- 2. a. B b. B c. A
- 3. a. ping-pong

- b. basketball
- c. football

#### **Unit 3 Review**

- 1. a. A b. A c. A d. B
- a. light b. any c. jumps
   d. balls e. game f. football
- 3. a.  $\sqrt{b}$ .  $\times$  c.  $\sqrt{d}$ .  $\times$  e.  $\sqrt{d}$
- 4. a. basketball, football
  - b. skating c. fishing
  - d. ping-pong, running

#### Lesson 19

- 1. a. B b. A c. A d. A e. B
- 2. a. yellow b. red c. orange
  - d. green/purple
- 3. a. tomatoes b. Potatoes.
  - c. carrots

#### Lesson 20

- 1. a. ⊘ b. ⊙ c. ⊘ d. ⊙
- 2. 6:30—get up and brush teeth 6:45—run for morning

exercise

- 8:30—walk for half an hour
- 10:00—listen to music
- 12:15—have an egg and
- some vegetables for lunch
  - 16:30—drink some tea
- 3. a. She goes to school after breakfast.
  - b. Her sister has beautiful teeth.
  - c. He washes his hands before lunch.

- d. What time do you go to bed?
- morning, face, before, After, football, healthy, strong

- exercise, swimming, minutes, hour, healthy, strong
- 2. a. sixty b. twenty-four c. seven d. four e. twelve
- 3. a. Jane likes riding a bike and running.
  - b. Four times a month.
  - c. No, he doesn't.
  - d. Tom and Jack.

#### Lesson 22

- 1. a. bed  $\times$  b. before  $\sqrt{}$  c. after  $\times$  d. vegetables  $\sqrt{}$
- 3. a. C b. A c. C d. A

#### Lesson 23

- 1. boy, sheep, farmers, happy, again, angry, cried, afraid
- 2. 7-3-2-5-4-1-6
- 3. a. A b. C c. B

#### Lesson 24

- 2. a. B b. B c. A d. A
- 3. a.  $\times$  b.  $\sqrt{}$  c.  $\times$  d.  $\times$  e.  $\sqrt{}$
- 4. help others, taught us, keep trying

#### **Unit 4 Review**

- 1. 4-5-2-6-3-1
- 2. dishes, times; brush, before; minutes, exercise; go, evening
- a. I always brush my teeth before breakfast.
- b. I wash dishes three times a week.
- c. I go to bed at 9:30 in the evening.
- d. I do 45 minutes of exercise every day.
- 3. a. early b. cry
  - c. exercise d. hour
  - e. minutes f. right
  - g. hear h. afraid
- 4. a. vegetables, fruit
  - b. hands c. exercise
  - d. bed