

UNIT 4

Lessons 19~24

Healthy Me



Lesson 19 Let's Exercise!

① What do you like to do?



fly a kite



run



swim



play football



walk to school



ride a bike



What do you like to do?

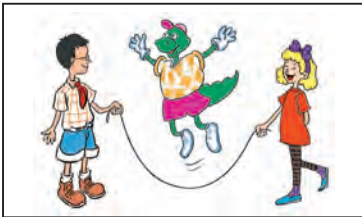
I like to swim.



2 Let's chant!



Swimming, swimming on Sunday.



Skipping, skipping on Monday.



Running, running on Tuesday.



Walking, walking on Wednesday.



Riding a bike on Thursday.



Flying a kite on Friday.



*Let's play on Saturday.
Do more exercise every day.*

Lesson 20 Eat Good Food!

1 Eat and drink

I eat vegetables every day. They're good for me.



I drink lots of water. It keeps me healthy.



milk



chicken



bread



tea



vegetables



fish



meat



fruit



rice



These are all good foods and drinks. You should try to eat and drink some of them every day.



noodles

2 Eat more vegetables

1

What do you eat for breakfast?

I eat donuts.

2

What do you eat for lunch?

I eat hot dogs.

3

You should eat more vegetables.

3 Let's do it!

Tick and talk.

	       	    
Mon.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	
Tues.		
Wed.		
Thurs.		
Fri.		

What do you eat on Monday?

I eat vegetables, bananas, rice and eggs.

Lesson 21 Good Habits

① I have good habits



I brush my hair every morning.



I brush my teeth three times a day.



I do exercise every day.



I go to bed early every day.
I have good habits.

② Work and play



I work hard at school.



I play with my friends.



I do my homework.



I go for a walk with my parents.

3 Let's sing!



*This is the way I brush my teeth,
Early in the morning.*



*This is the way I brush my hair,
Early in the morning.*



*This is the way I wash my hands,
Early in the morning.*



*This is the way I wash my face,
Early in the morning.*

Lesson 22 Mother's Day

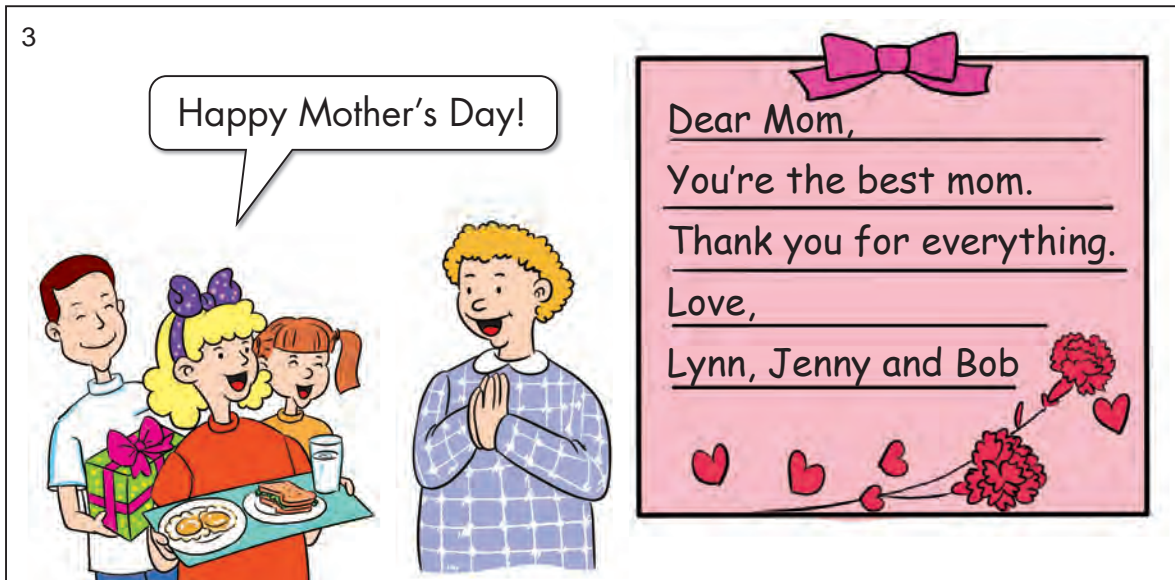
1 Happy Mother's Day!



My mother works hard. She cooks every day. She cleans the house. She washes the clothes.

Mother's Day is coming. We want to do something for her. What can we do?





2 Let's do it!

Think and talk.

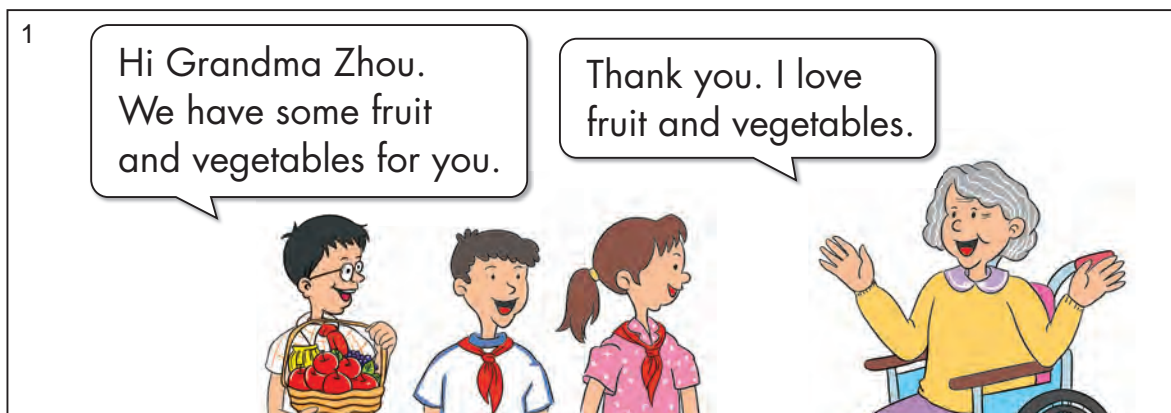
What can you do for your mom on Mother's Day?

- make a card
- cook a meal
- clean the house
- hug your mom

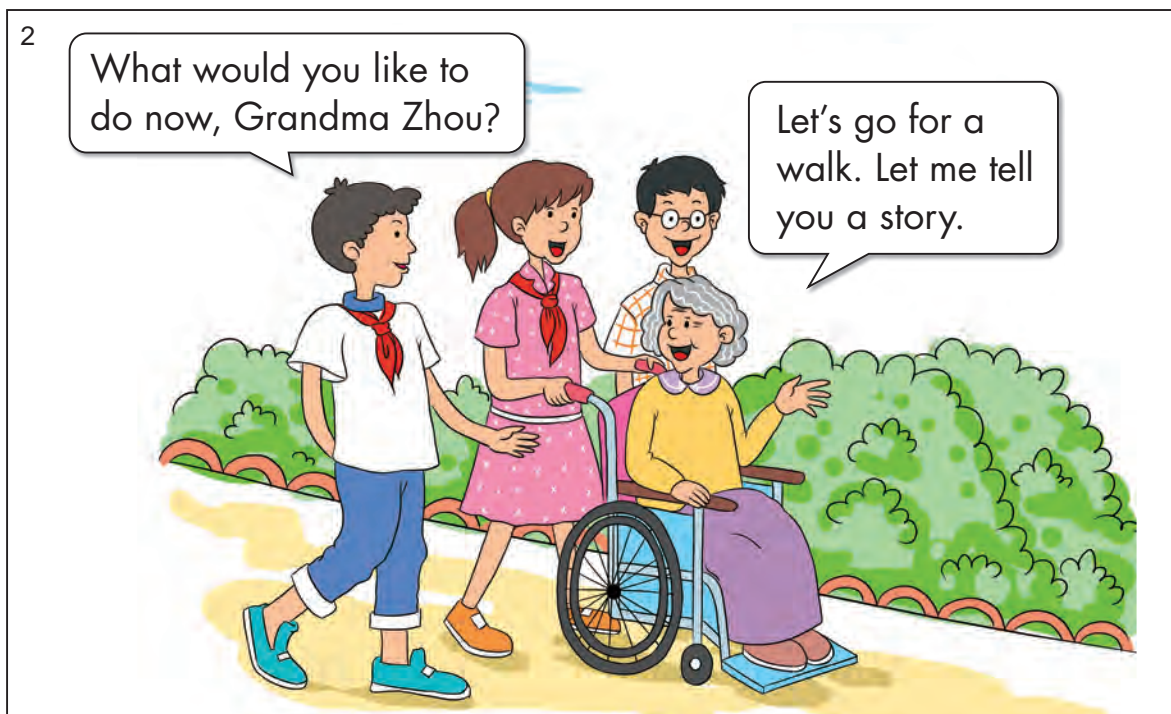


Lesson 23 Visiting Mrs. Zhou

1 A Saturday visit



Mrs. Zhou is very old. She has no family. We go to visit her every Saturday. We help her wash her clothes. We clean her room.



We go for a walk together. Mrs. Zhou tells us a story. She is happy. We are happy, too.

2 Let's do it!



1. How do the students help Mrs. Zhou? Read and tick.

- ☐ They wash her clothes.
- ☐ They cook soup for her.
- ☐ They clean her room.
- ☐ They go for a walk with her.
- ☐ They read her a story.

2. Group work. Think and talk.



- clean the room
- wash clothes
- read books
- sing songs
- tell stories
- go for a walk

3 Letters and sounds

i

kite

ride

rice

like

g

good

girl

dog

angry

• Try to read •

Tongue Twister






Mike likes to ride a bike and fly a kite.

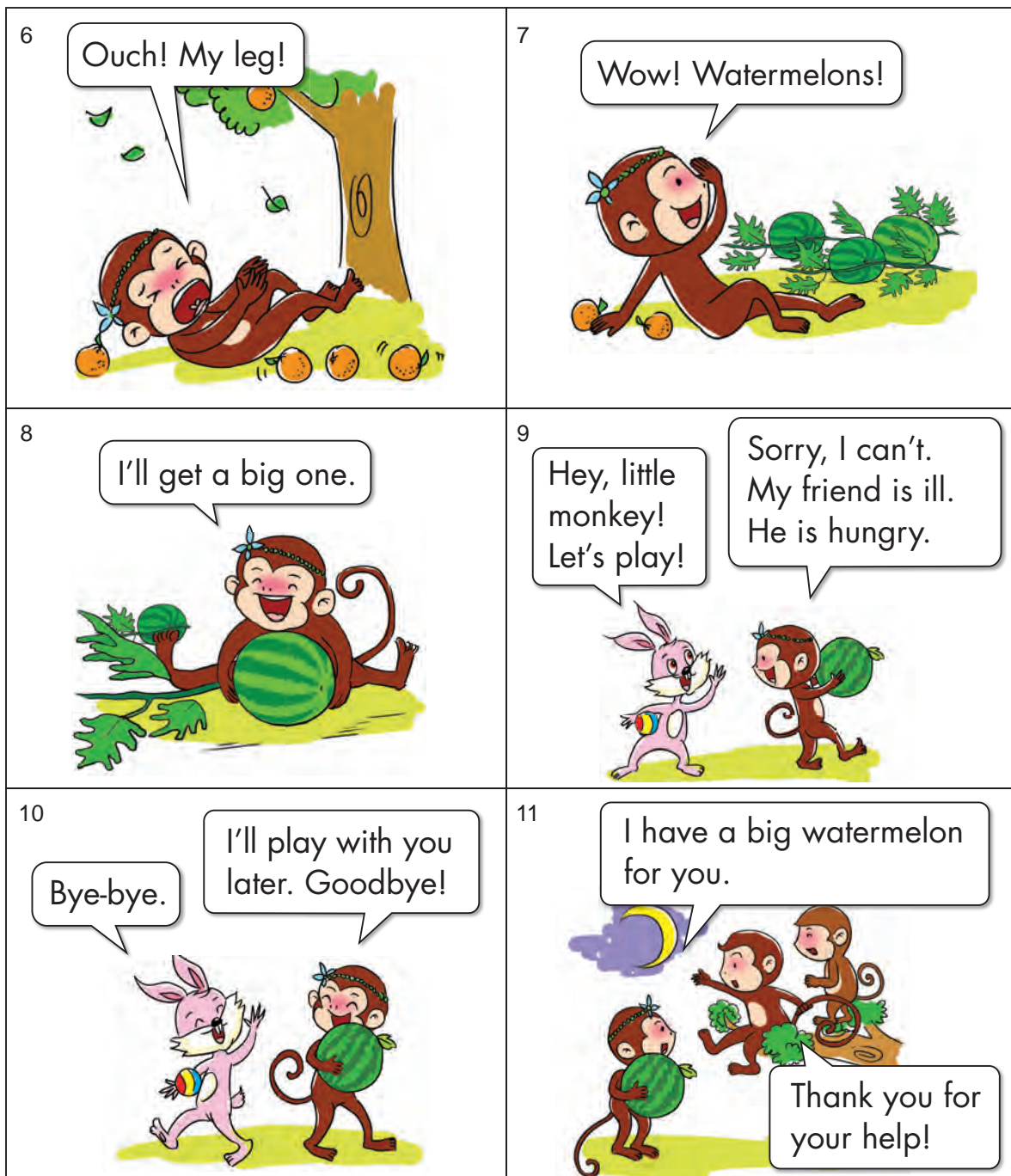


Lesson 24 A Little Monkey



Story time

<p>1</p> <p>I don't feel good today. I think I'm ill.</p> <p>Let me help you.</p> 	<p>2</p> <p>Would you like some fruit?</p> <p>Yes, please!</p> 
<p>3</p> <p>I'll get some fruit for you.</p> <p>Thank you!</p> 	
<p>4</p> <p>Wow! The apples look good. I'll get some.</p> 	<p>5</p> <p>Oh, oranges! I like oranges! I'll get some.</p> 



watermelon 西瓜 later 以后

Think and Act

- What fruit does the little monkey get?
- Act out the story.



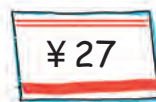
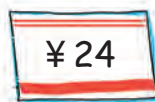
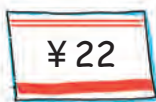
Unit 4 Review

1 Listen and circle

1. I like to _____.



2. — How much are the fruits?
— _____ yuan.



3. She _____ three times a day.



4. On Saturdays, I _____.



2 Listen and number


☐

☐

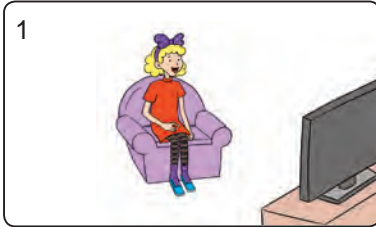
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3 Look and write



1. In the evening, I _____.
2. I _____ on Saturday.
3. On Wednesday afternoon,
I _____.
4. I _____ in the morning.
5. I _____ at home.
6. I _____ on Sunday.

fly a kite
read a book
play basketball
sing a song
do my homework
watch TV

4 Read and talk

Shao Lin is a student. She is in Grade 3. She works hard at school. She plays basketball every week. At home, she helps her mother cook dinner and clean the house.

1. What grade is Shao Lin in?
2. What sport does she play every week?
3. What does she do at home?
4. Do you think Shao Lin is a healthy girl?

5 Key words and sentences






















Words:

fly run swim eat drink buy make visit tell
kite school card room
good for me

Sentences:

What do you like to do? I like to swim.
They're good for me.
I'd like to make a card for her.

6 How am I doing?

	Listening 	Speaking 	Reading 	Writing 	Total stars 
At school 					
At home 					
I am...	 A 10~12 ★  B 7~9 ★  C 1~6 ★				