

UNIT 4

Lessons 19~24

Good Habits



Lesson 19 Eat More Vegetables and Fruit

1 More vegetables

1

Danny, how often do you eat vegetables?

I eat potatoes and tomatoes twice a week.

2

An apple a day keeps the doctor away! How often do you eat fruit?

Three times a week!

3

How often do you eat donuts?

Twice a day! After lunch and after dinner.

4

Danny, you need to eat more vegetables and fruit. They're good for you!

How often does Danny eat...?			
	day	week	year
vegetables	—	2	104
fruit	—	3	156
donuts	2	14	730

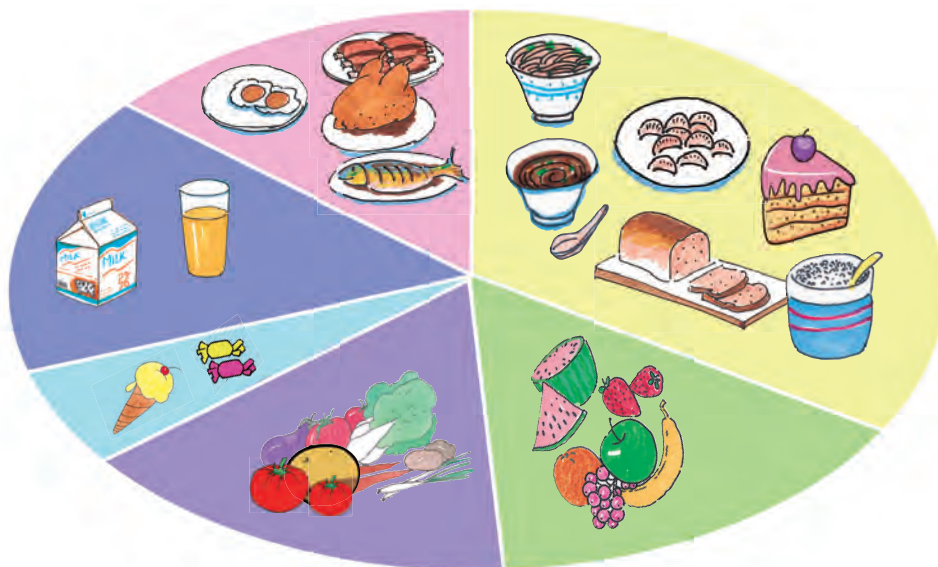
I think I need to eat more vegetables and fruit.



2 Let's do it!



Talk and write.



What do you like to eat?
What's your favourite vegetable?



How often do you eat vegetables?

How often do you eat/drink...?					
	vegetables	fruit	meat	milk	...
Me					
My friend					
...					

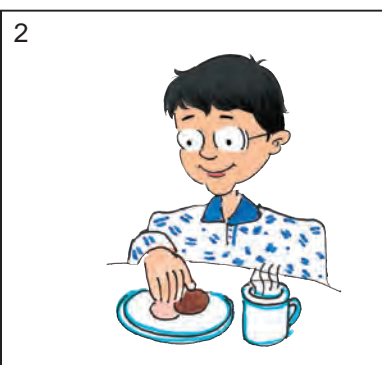
noodles juice bread potato egg ice cream
orange cake apple chicken rice tomato

Lesson 20 Always Brush Your Teeth!

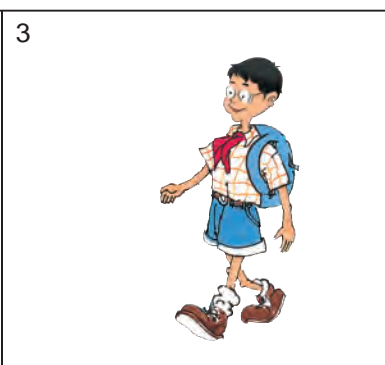
1 Before and after



Before breakfast, I wash my hands and brush my teeth.



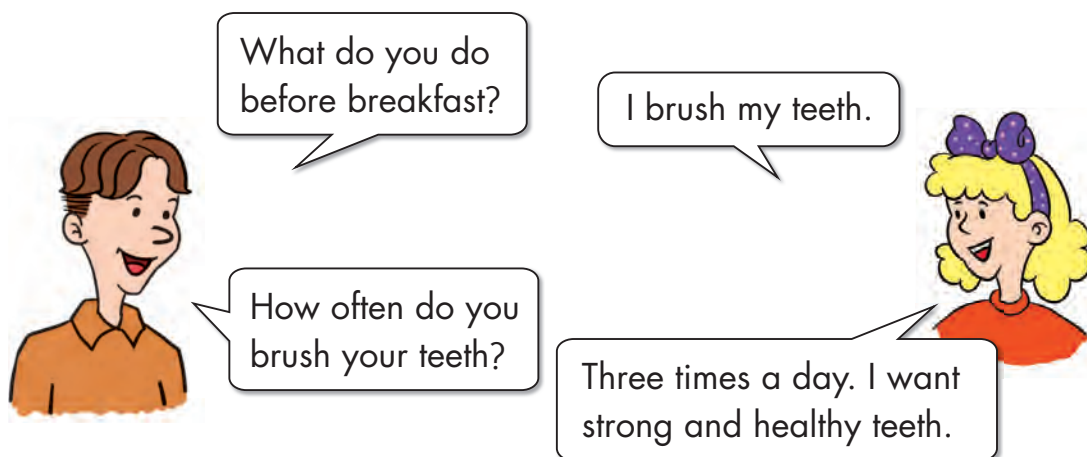
I have breakfast at 7:00 every morning.



After breakfast, I go to school.

2 Strong and healthy teeth

Jenny always has breakfast. Before breakfast, she washes her face and brushes her teeth. After breakfast, she goes to school.



What do you do before breakfast?

I brush my teeth.

How often do you brush your teeth?

Three times a day. I want strong and healthy teeth.

3 Let's do it!



1. Read and write.

My mom always tells me to _____ in the morning and before bed.

“Why?” I asked her one day. She said, “It makes your teeth _____.”

“If I don’t brush my teeth, what will _____?” I asked.

Mom said, “If you don’t brush your teeth, you may get holes in them. Then your teeth will _____.”

happen
brush my teeth
hurt
strong and healthy

Do you want to get holes in your teeth?



No! I don’t want that.



2. Think and talk.

What do you do before and after breakfast/lunch/dinner?

What do you do before and after dinner?



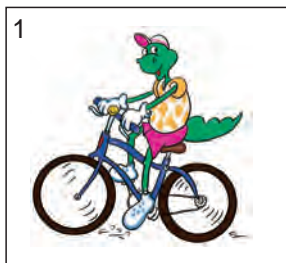
I always do my homework before dinner. After dinner, I wash the dishes.



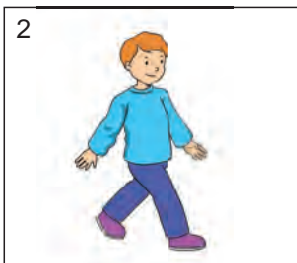
Lesson 21 Exercise!

1 What is exercise?

Exercise helps make your body healthy and strong.



Riding a bike
is exercise.



Walking is
exercise.



Running is
exercise.



Playing sports is
exercise.

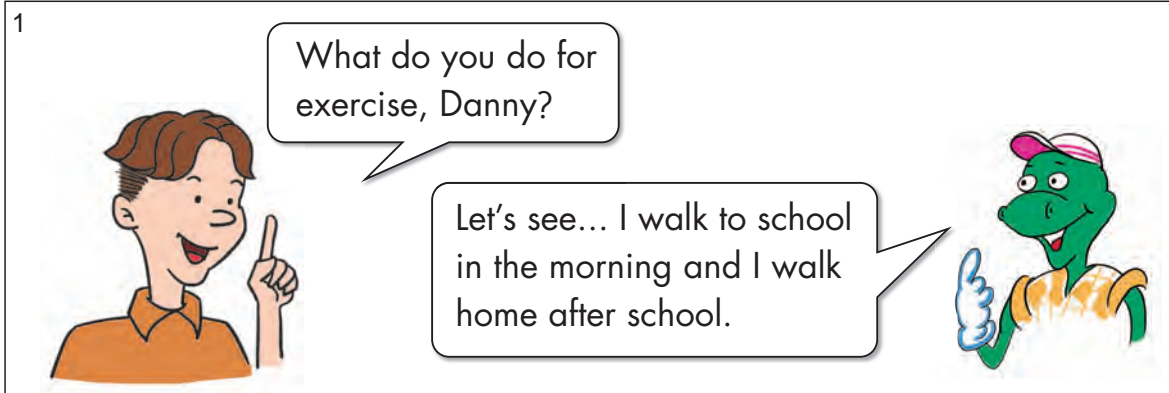


Sixty minutes
make an hour!



How much exercise do you need? You need about an hour of exercise every day.

2 What do you do for exercise?





③ Let's chant! 🎵

Everyone, everyone,
Reach up high!
Everyone, everyone,
Touch the sky!



Everyone, everyone,
Turn around!
Everyone, everyone,
Touch the ground!



Everyone, everyone,
Bend down low.
Everyone, everyone,
Touch your toes.



Lesson 22 Go to Bed Early!

1 What are good habits?

Today we are going to talk about good habits.



First, please answer my question. What are good habits, class?

1

Eating healthy food is a good habit.



That's right.

2

Having breakfast every day is a good habit.



Doing exercise is a good habit.

3

Yes. These are all good habits.

Helping others is a good habit, too.



4

I'm glad to hear that.

I think... Going to bed early is a good habit.





2 Li Ming's email

To: lidaming@163.com

From: liming@hotmail.com

Subject: Good habits!

Dear Mom and Dad,

Today was a great day at school. We talked about good habits. Going to bed early, always having breakfast and spending time with family are all good habits. I can't be with you right now, but I'm always thinking about you.

Love,
Li Ming

3 Let's do it!

Talk and write.

My good habits

My bad habits

Lesson 23 I Can't Tell a Lie

1 George and the cherry tree

When George was six years old, his father gave him an axe. George liked his new axe very much. He tried it on many things.



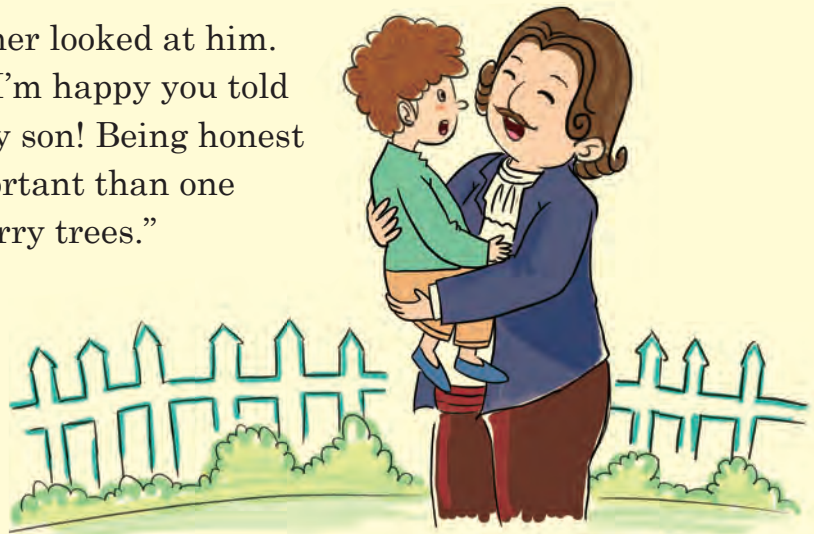
One day, little George cut down a small tree behind their house.

In the evening, his father came home and saw the poor tree. He was very angry. He asked loudly, "What happened to my favourite cherry tree?"



George was very afraid. He cried, "I'm sorry. I cut down your cherry tree, Father! I can't tell a lie."

George's father looked at him. He smiled, "I'm happy you told the truth, my son! Being honest is more important than one hundred cherry trees."



2 Let's do it!



1. Read and tick.

a. How old was George in this story?

☐ Eight years old.

☐ Six years old.

b. What did his father give him?

☐ An axe.

☐ A tree.

c. What was his father's favourite thing near their house?

☐ A cherry tree.

☐ An axe.

d. What did George do when his father asked him about the tree?

☐ He told the truth.

☐ He told a lie.

2. Talk about the story.

What can we learn from the story?



It's good to tell the truth.



Why shouldn't we lie?



We'll feel bad for a long time.



3 Listen and repeat

sit in a chair

send an email

I like it very much.

read a book

come for a visit

How old are you?

Lesson 24 Helen Keller



Story time

1



Helen Keller was born in the United States in 1880. When she was 19 months old, she fell ill and became deaf and blind.

2



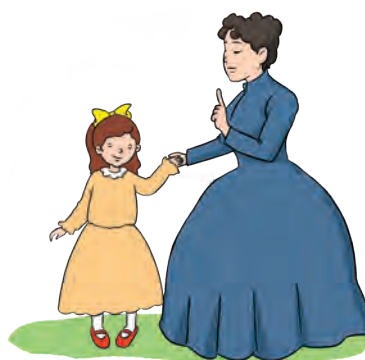
Her parents loved her very much, but did not know how to talk to her. She couldn't see anything. She couldn't hear anything. She couldn't speak at all.

3



Helen often got angry. Sometimes, she threw her food from the table.

4



When she was 7 years old, her parents met a teacher, Anne Sullivan. Anne became Helen's friend. She wanted to teach Helen words. But it was very hard.

5



One day, Anne took Helen's hand and let her feel the water. She wrote the word "water" on Helen's hand.

6



From that day on, Helen Keller began her studies. She worked very, very hard. She learned many new words every day.

7



She learned to speak, read and write. When she was 20 years old, she went to university. Later, she became a great writer.

8



One of her famous books is *The Story of My Life*. Helen's story inspires many people around the world.

born 出生

university 大学

deaf 聋的

writer 作家

blind 失明的

inspire 激励

Think About It

- What can you learn from Helen Keller?
- What do you think of Helen's teacher?



Unit 4 Review


1 Listen and tick

1


13	30
<input type="checkbox"/>	<input type="checkbox"/>



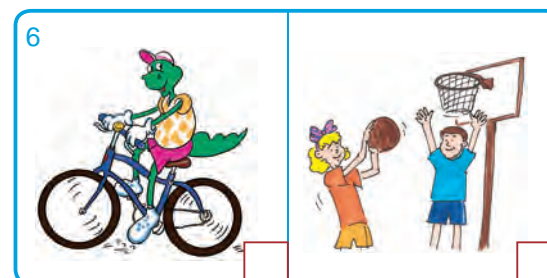
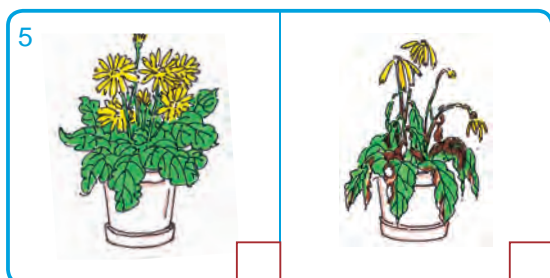
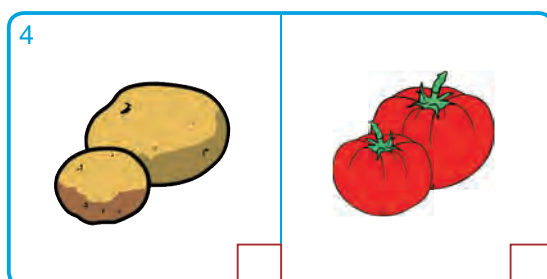
3

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		✓	✓	✓		✓	✓

☐

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	✓	✓	✓	✓	✓	✓	✓






☐



2 Listen and write

My name is Jim. I am a _____ boy. Every morning, I _____
 _____ at 7 o'clock. Next, I run for about _____ in the
 park. _____ I go to school, I have breakfast. I walk to school every day.
 _____ helps make my body _____. After school, I play football for
 about one _____. Do you like to play sports?

3 Talk and write

	clean the house	about 10 minutes
	wash the clothes	
	read books	
	play sports	
	do homework	

How many minutes
a day do you
clean the house?



About 10 minutes.

4 Read and write

Healthy or Not?

Mr. Black always gets up late in the morning. He never has breakfast. After he gets up, he sits in a chair and watches TV for about two hours. Next, he eats fast food for lunch. Then, he plays computer games in the afternoon. In the evening, he drives to buy some ice cream and cake for dinner. He never goes to bed before 2:00 in the morning.

Is he a healthy man?

- _____ he gets up, he watches TV.
- _____ he has lunch, he plays computer games.
- _____ dinner, he drives to buy some ice cream and cake.
- _____ 2:00 a.m., he goes to bed.

before
after

5 Key words and sentences



Words:

morning face exercise minute hour

be hear cry

strong healthy afraid early right how before after

Sentences:

How often do you eat fruit? Three times a week.




















Before breakfast, I wash my hands and brush my teeth.

After breakfast, she goes to school.

What do you do for exercise?

How many minutes do you walk?

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 ★				