

Contents

Module	Unit	Theme	Vocabulary 
Travelling Around	1	On a Trip NSE: Cultural Security	★ Things to do during a trip ★ Tourist spots
Travelling Around	2	Around Town	★ Places in our neighbourhood ★ Things we do in our neighbourhood
Healthy Eating	3	Eat Smart	★ Types of food ★ Nutrition
Assessment 1			
Healthy Eating	4	We Are What We Eat Values Eat well and stay healthy.	★ Food groups ★ Food and its effects on health
Making Improvements	5	Good Habits, Happy Life!	★ Good habits ★ Bad habits
Making Improvements	6	My Best Self	★ Resolutions ★ Results
Assessment 2			
Word List			
Text Types Analysis			
Self-assessment Checklist			



= with online game



= with audio



= with video

Reading / Text Type	Reading Skill	Page
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★ Brochures **RaC: Culture**

Skim for the main idea

4

★ Schedules

★ Stories 

Infer feelings

10

★ Emails

★ Diary entries

Identify the purpose of a text

16

★ Food packaging **RaC: Science**

22

★ Web articles

Identify the main idea of a paragraph

24

★ Magazine articles **RaC: Science**

★ Stories

Make predictions about a text

30

★ Event programmes

★ School newsletters

Understand the connection between ideas

36

★ Magazine articles

42

44

48

51

Unit 4 We Are What We Eat

Reading 1

Read the web article.



Q <https://www.healthyeating.comx>



Eat Your Way to Health

Eating well keeps our bodies strong. Here is a simple way to eat well — eat a balanced diet!

To do this, we can follow the food pyramid. It shows that we should eat plenty of grain products, such as rice and wholewheat bread. It is because this food group gives us energy.



We should also eat lots of fruit and vegetables. They give us vitamins and minerals and help our bodies fight illness. Meat and fish are important too, as they give us protein to build muscles and help us grow.

Food high in oil, salt and sugar can harm our heart and teeth. This includes sugary food such as chocolate, and oily snacks like fried fish balls. We should eat only a little.



To get all the nutrients we need, it is important to 'eat a rainbow'. This means eating food items of different colours, for example, red apples, green lettuce and purple aubergines. We should aim to eat five servings of fruit and vegetables a day.

Watch out! Some food can trick us. For example, fruit juice seems healthy, but it contains a lot of natural sugar. Don't drink too much!

Blacken ● the circles.

1. What is the purpose of this article?
 - ☐ A. to explain the food pyramid
 - ☐ B. to inform readers about healthy eating
 - ☐ C. to persuade readers to buy healthy food
 - ☐ D. to give instructions on how to cook healthy food

2. Read line 3. What does 'this' refer to?
 - ☐ A. eating grain products
 - ☐ B. eating a balanced diet
 - ☐ C. keeping our bodies strong
 - ☐ D. following the food pyramid

3. Are these statements about eating well true or false?

	True	False
(a) Juice is not always good for us.	☐	☐
(b) Chocolate is an example of oily food.	☐	☐
(c) Rice and bread are examples of grain products.	☐	☐
(d) We should avoid oily and sugary food completely.	☐	☐

Fill in the blank with ONE word. Challenge!

4. Following the food pyramid means that we should eat _____ grain products than meat and fish.

Tip



How much of these food groups should we eat?

Write complete sentences.

5. What does 'eat a rainbow' mean?

6. Why are fried fish balls not healthy snacks?

- lettuce oily food chocolate aubergines
- sugary food fried fish balls grain products wholewheat bread

The Dos and Don'ts of Healthy Eating

Do...

- eat a rainbow, for example, green (1) _____, red apples and purple (2) _____.
- have plenty of (3) _____, such as brown rice and corn. You can also use (4) _____ for your sandwiches.

Don't...

- eat too much sweet food, but you don't need to stop eating all (5) _____. Having half a bar of (6) _____ once in a while is fine.
- put too much oil in your cooking. Eating too much (7) _____, such as (8) _____ and potato chips can lead to weight gain.

Game**Play**

Reading Skill



Identify the main idea of a paragraph

The main idea is the most important point or message in a paragraph. We can identify the main idea of a paragraph by:

- paying attention to its topic sentence
 - The topic sentence usually comes first and expresses the paragraph's main idea.
 - It helps us understand what the paragraph is about.
- looking for the keywords in the paragraph
 - Keywords are often repeated in the paragraph.
 - They are usually nouns, adjectives or verbs related to the topic.

Try this!

Read the paragraph and blacken ● the circle.

The first sentence is the topic sentence. It shows the main idea: follow the Healthy Eating Plate for a healthy diet

The **Healthy Eating Plate** is a useful guide for keeping a balanced **diet**. According to dieticians, we should eat plenty of vegetables and include a variety of them. Whole grains and **healthy** proteins are also important parts of our **diet**, so make sure you eat plenty of wholewheat bread, brown rice, fish and beans. Fruit is good for our **health** too, so we should eat lots of different colours. Last but not least, use **healthy** oil for cooking and drink lots of water!

Words such as 'diet' and 'health / healthy' are repeated. These are the keywords.



What is the main idea of the paragraph?

- ☐ A. The Healthy Eating Plate helps us eat healthily.
- ☐ B. The Healthy Eating Plate is based on scientific research.
- ☐ C. The Healthy Eating Plate recommends a vegetarian diet.
- ☐ D. According to the Healthy Eating Plate, we should cook with healthy oil.

Word List

A

animal-based superfood (n.)	動物性高營養健康食物
aubergine (n.)	茄子

B

bakery (n.)	麪包店／烘焙店
balanced diet (n.)	均衡飲食
be picky about food	揀飲擇食
be responsible	負責任
bite fingernails	咬手指甲
botanic garden (n.)	植物園
boutique (n.)	流行服飾店
broccoli (n.)	西蘭花
bubble tea shop (n.)	珍珠奶茶店
buy pineapple buns and egg tarts	購買菠蘿包和蛋撻

C

carbohydrates (n.)	碳水化合物
carrot (n.)	紅蘿蔔
chocolate (n.)	巧克力
convenience store (n.)	便利店
courgette (n.)	翠玉瓜
cut down on junk food	減少進食不健康的食物
cut fingernails when they get long	當手指甲長了便剪短

D

do Maths exercises	做數學練習
do revision	溫習

E

eat a rainbow	吃各種顏色的蔬果
eat local food	吃本地食物
enjoy the beautiful view	欣賞美麗的景色
explain things patiently	耐心講解

Text Types Analysis

Brochures

A brochure is a small booklet that provides information about products, events or places. It uses pictures and headings to catch our attention and enhance understanding. It helps us decide whether to buy the product, join the event or visit the place.

The brochure below is about places.

Heading

Tells us what the page is about

Introduction

Creates interests and invites us to join

Subheadings

Help us find different types of information

Photos

Give an image of the details described

Use adjectives to make the activities sound interesting

Contact information

Tells us how to get more information

Explore Science Fun Park!

Do you want to learn while having fun? Come and enjoy our exciting activities, designed just for curious young minds.

Experiment Zone

Try fun hands-on activities like launching water rockets and making chemical volcanoes. Our friendly guides will show you how science works in everyday life.



Robot Lab

Use coding blocks to control robots and make them move their arms. You can also discover how robots help in hospitals and factories.

Earth Explorers Hall

Touch real dinosaur fossils and see a giant model volcano. Design your own island using an interactive sand table.



Sky Dome

Relax and enjoy a magical space show about stars and planets. It is like taking a trip through space!

Call 2808 8099, email info@sciencefunpark.comx or visit www.sciencefunpark.comx to find out more.

Unit 1

Reading 1

文章概要：

這份小冊子介紹了一個前往桂林的兩天旅行團，行程包括以下五個活動：登堯山；在正陽步行街品嚐當地菜色；參觀靖江王府；參觀桂林美術館，以及觀看表演「夢幻灕江」。

1. B
2. C
3. C
4. D
5. (in any order)
 - (a) Guilin rice noodles
 - (b) Yangshuo Beer Fish
6. They can call 2808 8000 or email travel@weareupep.comx (to get more information about the tour).

Vocabulary

1. cable car
2. beautiful view
3. photos
4. display
5. entertaining show
6. local food
7. historical buildings
8. museum

Reading Skill

B

Reading 2

文章概要：

這篇文章是一份新加坡三天兩夜旅行的行程表，內容包括：景點觀光、美食體驗、主題樂園遊玩、博物館參觀，以及機場設施探索。

1. D
2. B
3. D
4. A → D → C → B
5. (a) statue
- (b) botanic gardens
- (c) cable car
- (d) indoor waterfalls

Unit 2

Reading 1

文章概要：

祖母帶 Ryan 前往她兒時最喜歡的麵包店——Honey Bakery，一起品嚐她最愛的蛋撻。從港鐵站出來後，他們經過一間郵局和一間便利店，終於抵達目的地，卻發現麵包店當天並未營業。看到祖母失落的樣子，Ryan 提議到對面馬路的珍珠奶茶店買飲料。這是祖母第一次喝珍珠奶茶，她非常喜歡。最後，二人開心地回家。

1. D
2. B
3. D
4. A
5. (a) bakery
- (b) egg tarts
- (c) bubble tea
- (d) tasty
6. He felt hot / tired / impatient.