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| Starter |
|-------------|
| Let's Cook! |
| page 4 |

Cooking and measuring words • Functional Language

How much ...?

How many ...?

| | Lesson 1 Words | Lesson 2 Grammar | Lesson 3 Words and Grammar | |
|----------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--|
| Healthy Living page 6 | Healthy habits Functional Language I forget to I remember to | How often do you? (with Expressions of Frequency) How often? (he/she/it) | Free time activities Adverbs of Frequency (always, often, sometimes, never) | |
| In the Kitchen page 16 | Food Functional Language We need What else? We need, too. | Count and Noncount Nouns (Affirmative) Count and Noncount Nouns (Questions and Negative) | Cooking (Verbs) Adverbs of Manner | |
| Review Units 1 and 2 pages 26–27 | | | | |
| Family Life page 28 | Chores Functional Language How do you help at home? I have to | Simple Past Regular Verbs (Affirmative) Simple Past Regular Verbs (Negative) | Par x preparations Hed to | |
| Our History page 38 | Everyday things Functional Language I think it's years old. Yes, I agree. / I'm not sure. | Simple Past Irregular Verks (Affirm(1776) Simple Fast Irregular Verbs (Nagative) | A Roman town Simple Past (Yes / No Questions) | |
| Review Units 3 and 4 pages 48–49 | | | | |
| School Life page 50 | Places in school Functional Language It's over there. On the left / right / swalght ahead. | Object colouns (me, you, him, hor,(t) Object Pronouns (them, us) | School rules Must and must not | |
| 6 Vacation Plans page 60 | Vacation activities Functions Language Why don't we? He rather | Going to for Future Plans (I/you) Going to for Future Plans (he/she/we/they) | Things to pack Going to for Future Plans (Yes / No Questions) | |
| Review Units 5 and 6 pages 76-21 | | | | |
| The World of Animals page 72 | Anin als (un) tional Language What's a like? It has It can It's | Comparative Adjectives Superlative Adjectives | Animal actions Comparative and Superlative Adverbs | |
| 8 Fun at Home page 82 | TV shows Functional Language What's on TV? There's a good at | Relative Pronoun Statements Relative Pronoun Questions | Activities at home Simple Present with Present Progressive | |

Review Units 7 and 8 pages 92–93

| Lesson 4 Story | Lesson 5 Skills and Culture |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Busy Ben Emotional Well-being Dealing with stress | Exercise in Brazil and China Project Extra Healthy Living Game |
| A Giant Omelet Emotional Well-being Learning from mistakes | Traditional food from Spain and Morocco Project Extra Recipe Book |
| | ~(0°, cill' |
| The Farmyard Party Emotional Well-being Doing your part | Family festivas in the U.S.A. and Jordan Project Extra Family Festivals Politer |
| The Two Brothers Emotional Well-being Learning to forgive | History in Norway and Egypt Project Extra (Noseur) Display |
| | -0 ² |
| The Friendship Chain Emotional Well-being Being kind | School transportation in Canada and Switzerland Project Extra Our Amazing School |
| The Town Mouse and the County Mouse Emotional Well-being Embracing new opportunities The Mouse and the Lion | Places to vacation in the U.K. and Ukraine Project Extra Class Trip Leaflet |
| SO. | |
| The Mouse and the Lion Emotional Well-beilig Helping others | Animals in Belize and Australia Project Extra Animal Game |
| Family Night Emotional Well-being Overcoming disappointment | Hobbies in Japan and Denmark Project Extra TV Show Poster |



Talk about the recipe. What do you need for Grandma's Apple Cake? Say.



We need one kilogram of flour.

We need one tablespoon of spices.



Dad: Lily, you have the shopping list for Grandma's Apple Cake. How much flour do we need?

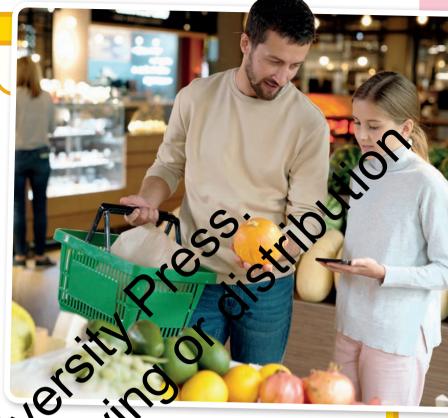
Lily: We need one kilogram

of flour.

Dad: How many apples do

we need?

Lily: We need four apples ...





Look at the recipe for Grandma's Apple Cake. Ask and answer.



How many apples do we need?

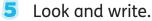
> We need four apples. How much flour do we need?

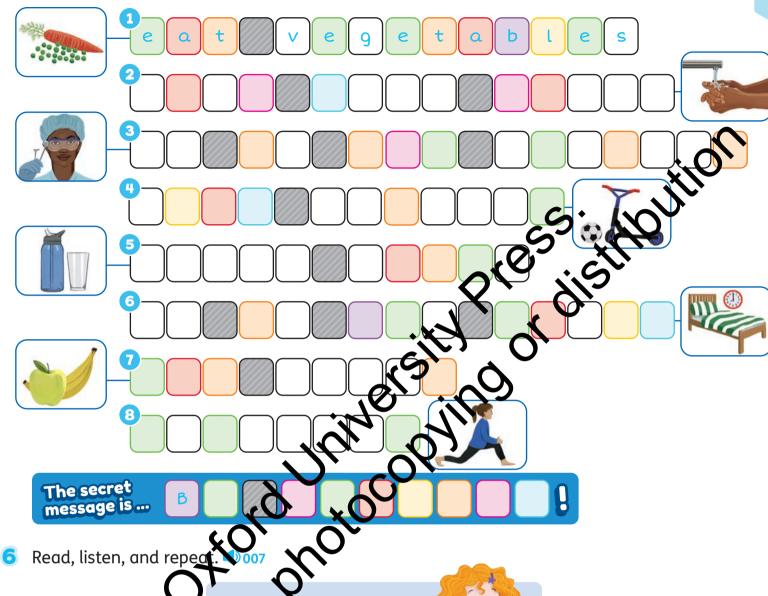
We need one kilogram.













7 Talk with your riend.



Let's talk about how often we do things.

Well ... I read in bed

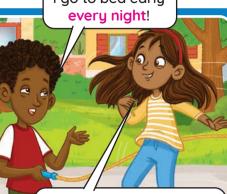
every night. So ...



Listen and follow. 1008



I go to bed early every night!



How often do you go to bed early?

But, Omar ... How often do you go to sleep early

Read, listen, and learn. ◆ 009

How often do you eat vegetables? I eat vegetables I brush my hair **How often do you** brush your hair?

I brush n **How often do you** brush your teeth?

How often do you wash your hands?

ook! We say once and twice, but we say three four five + times.

Listen and match. 1010

five times a day four times a day three times p twice a day

once a day







5,4,3,2,1,Gol



Listen and repeat. • 011 Ask and answer.



How often do you play outside?

I play outside three times a day.



Read, listen, and learn. 1012



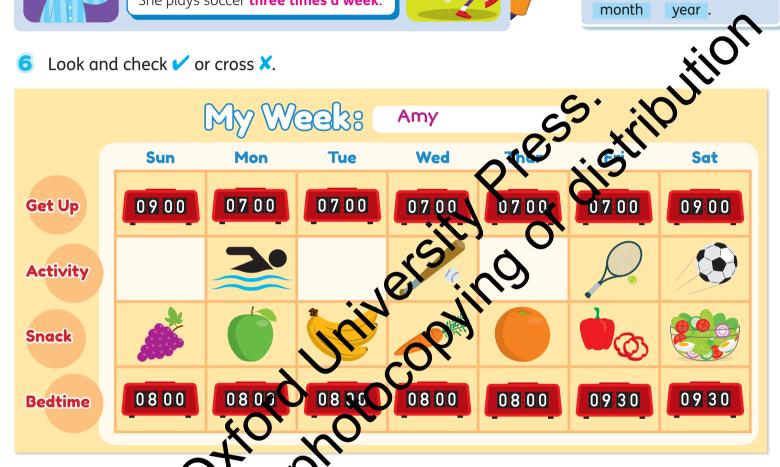
How often does he go to the dentist? He goes to the dentist every year.

How often does she exercise? She plays soccer three times a week.



Look! We can talk about how often we do things using every day month year .

Look and check \checkmark or cross x.



- 1 Amy gets up ear
- 2 She exercises to
- 3 She eats fruit every

- **4** She eats vegetables three times a week.
- **5** She goes to bed early five times a week.
- **6** She goes to bed late once a week.

Listen and repeat 013 Look at 6. Ask and answer.



How often does Amy get up early?

She gets up early every day.

How often does Amy go to bed late?



She goes to bed late twice a week.

Team Extra Healthy Living Quiz Up!

Let's talk about how we relax.



- 💶 Listen, point, and repeat. 🗐 014
- 2 Listen and say. 1015



3 Listen and repeat. 016 Ask and answer.



What do you do to relax?

I play video games.

Me too. I play video games and I go swimming.



🛂 Read, listen, and learn. 🕩 017









I always play video games after school.

He often goes fishing on vacation.

She **sometimes** goes swimming on the weekend.

They **never** do karate in the morning.



Look! We use aways, often, oneames, and never to say how often we do things.

ways = often = never



1 I <u>always</u> go fishing with my grandpa

2 We _____ play video games in the morning

3 They ______ go swimming in the ocean

4 She _____ plays volleyinall on the weekend.









6 Listen and follow. Then sing. ♠ 000-020



CA I Fun Times! I

Have fun and relax with your friends!
Slow down! Slow down!
Let's relax! Let's have fun with our friends!

Do, do, do ... I always **do karate**.
Play, play, play ... I **play video games**, too!
Go, go, go ... I sometimes **go fishing**.
Hey, hey, hey ... Do you want to come with me?



do art
play volleyball
go swimming

Extra Team 3 Let's Relax! Survey



- Look at the pictures. What activities can you see?
- Listen and read. 021 D What does Ben learn?

Busy Ben

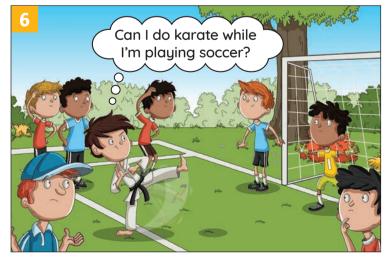


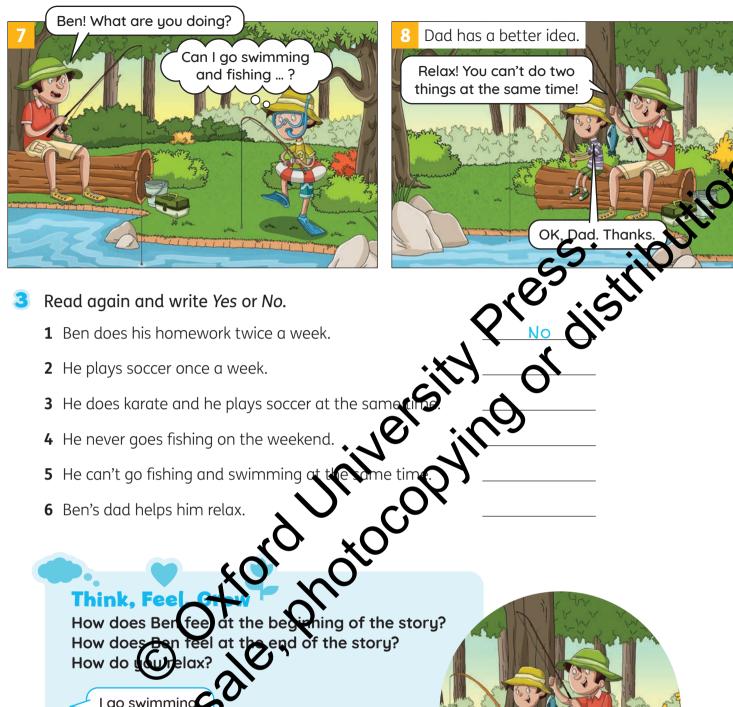












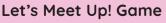


I go swimming

deo games with my friends.







Let's learn about exercise in Brazil and China.



Ana

Listening and Speaking

- 💶 Listen, point, and repeat. 🕩 022
- Listen and say the number. 1023





BRAZIL

- 3 Watch the video. here is capoeira popular?
- Listen and repeat. 1024 Talk about exercise in your country.



Which activities are popular at your school?

Yes, karate is popular at my school, too.

Volleyball is popular. And I do karate.



Reading and Writing

Listen and read. 1025 How is t'ai chi different from capoeira?





Yan



What do you do to stay healthy?

I do a lot of things to stay healthy. I eat fruit and vegetables every day and I go to bed early. I like playing outside, too. But I want to tell you about t'ai chi. I do t'ai chi every Thursday after school. I sometimes do it on the weekend, too. The moves aren't quick. They are slow and careful. It's good for you. It can help you relax.

T'ai chi is very popular in China. People often do t'ai chi early in the morning, or sometimes in the evening. People do t'ai chi in groups. You can see olde people doing t'ai chi in many citi They often do it outside in the

Everyone can do t'ai chi! like to tru it?





Read again and match questions and answers.

- 1 How often does Yac t vegetables?
- 2 Which activity thes Yan do on the weekend?
- 3 When do poorte often do t'ai chi?
- 4 Where do they do it?
- do t'ai chi?

- **a** Everyone.
- **b** In the park.
- **c** Every day.
- **d** T'ai chi.
- **e** In the morning or evening.
- Write about a popular sport or exercise in your country. So to your Workbook page 13









Healthy Living Game



See your students have fun with Buzz while they learn about the world, grow in confidence, and fly toward success!

- An easy-to-use approach with rich digital support empowers you to teach with confidence.
- A comprehensive grammar and vocabulary syllabus with plenty of practice builds a solid foundation in English.
- Stories and videos bring international culture alive, inspiring students to learn about the world around them.
- Natural and meaningful speaking activities encourage students to communicate effectively.
- Assessment for Learning tools motivate students to achieve their goals at each stage of the learning journey.
- Extra Team Up! tasks and projects help students grow their global skills.

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Created and aligned to the CEFR. CEFR





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Student Book

with Online Practice







Helen Casey Kathleen Kampa & Charles Vilina

