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# BIG ENGLISH



2ND EDITION  
STUDENT'S BOOK

3

# 8

# Healthy Living

## Vocabulary

I will learn to name healthy and unhealthy habits.



## Song Time!



### 1 Listen, look, and say.

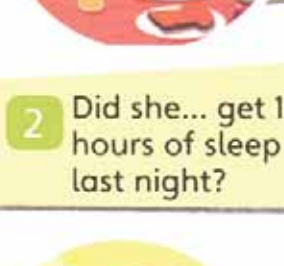
How do you feel today? Find out how healthy Sally and Zach are, then ask yourself!



1 Did she... have a big breakfast?



5 Did he... eat breakfast?



2 Did she... get 10 hours of sleep last night?



6 Did he... get any exercise?



3 Did she... drink lots of water?



7 Did he... have a healthy lunch?



4 Did she... ride her bike?



8 Did he... get enough sleep?



### 2 Play the acting game.

# Song

I will learn to ask and answer about healthy and unhealthy habits.



**Listen and sing. What is good for Zach?**

## Live Right!

"Did you eat breakfast?" asks Mom,  
"You don't look good to me."  
Did you get enough sleep?" asks Mom,  
"Did you watch too much TV?"

Enough sleep. Good food.  
Be healthy. Live right!  
Enough sleep. Good food.  
Be healthy. Live right!

"Did you ride your bike?" asks Mom,  
"You know it's good for you."  
Did you get any exercise?  
You know it's good to do!"

**Chorus**

I feel awful today.



**Look at 1. Ask and answer.**



Did he eat breakfast?

Did she ride her bike?

No, he didn't.

Yes, she did.



**THINK  
BIG**

Which child in 1 are you like?  
Explain why.

# Story

I will read a story about healthy and unhealthy habits.

## 5 Listen and read. Did Amy eat a healthy dinner?

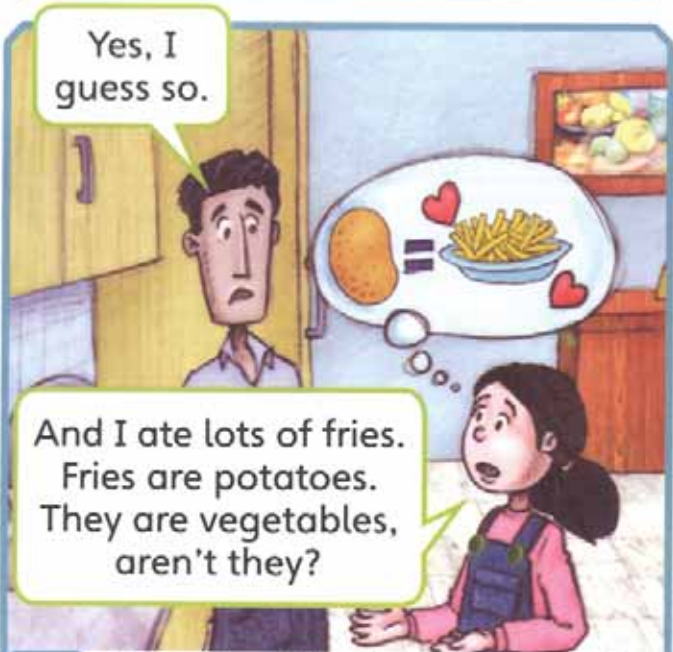
### An Unhealthy Dinner



1 Amy's dad wants her to be healthy.



2 Amy likes unhealthy food.



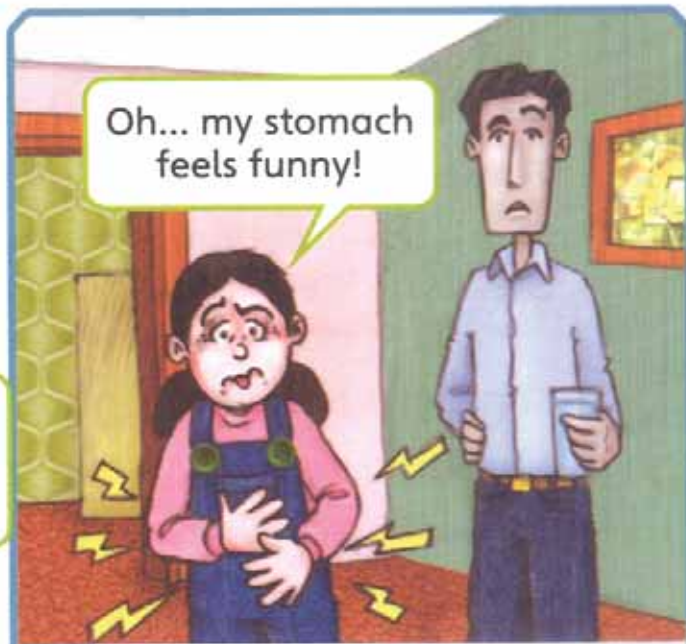
3 Amy likes fries, but fried food isn't very healthy.



4 Amy likes cola.



**5** Amy knows her dinner wasn't really healthy. She didn't eat many vegetables.



**6** Now Amy doesn't feel well. She needs to eat healthy food.

**6 Read and circle.**

- 1 Amy had dinner at **a party** / **home**.
- 2 Amy likes **healthy** / **unhealthy** food.
- 3 Fries are fried **potatoes** / **onions**.
- 4 Fried food is **good** / **bad** for you.
- 5 Cola has a lot of **fruit** / **sugar** in it.
- 6 Amy's dad **is** / **isn't** happy about Amy's dinner.



What do you like to eat for dinner? Why?

# Language in Action

I will listen to a dialog about healthy and unhealthy habits.

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**Listen and read. Then say.**

**Tomas:** Hi, Mariela. How are you?

**Mariela:** I feel great today! I got lots of sleep. I ate a good breakfast. How about you?

**Tomas:** I don't feel good today.

**Mariela:** Why? Did you eat breakfast?

**Tomas:** Yes, I did. I ate three donuts.

**Mariela:** Three donuts! That's why you feel bad!



8

**Look at 7. Role-play with a partner.**

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9

**Listen and stick.**



# Grammar

I will learn to use *did* and *didn't* to ask and answer about healthy and unhealthy habits.

**Did** you/he/she/they **get** enough sleep yesterday?

Yes, I/he/she/they **did**.

No, I/he/she/they **didn't**.

## 10 Complete the dialogs. Use **did** or **didn't**.

- A:** Good morning, Katia. \_\_\_\_\_ you eat breakfast?  
**B:** Yes, I \_\_\_\_\_.
- A:** \_\_\_\_\_ Ted take a shower this morning?  
**B:** No, he \_\_\_\_\_.
- A:** \_\_\_\_\_ the lacrosse team get enough sleep before the game?  
**B:** No, they \_\_\_\_\_.

## 11 Look at the chart. Write questions and answers about Becca.

Becca's Habits	Mon	Tue	Wed	Thu	Fri
1 drink lots of water	✓		✓	✓	
2 get enough exercise	✓	✓	✓		



- (exercise/Monday) \_\_\_\_\_  
Yes, \_\_\_\_\_
- (drink water/Tuesday) \_\_\_\_\_  
No, \_\_\_\_\_

## 12 Talk about your habits. Ask and answer with a partner.



Did you get enough exercise today?

No, I didn't.



I will learn about calories.

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**Listen and read. What activities are good or bad for your body?**

**CONTENT WORDS**

active activities body burn  
calorie measure put on weight

## What Is a Calorie?



**What are calories? Are they important?**

A calorie is a measure of the energy you get from food. Some foods are high in calories, and other foods aren't. Your body needs a certain number of calories to do all the things you do every day. But if you eat more calories than your body needs, you put on too much weight. Lots of activity and exercise burns a lot of calories. Very little activity or exercise doesn't burn a lot of calories.

**Why is being active good for us?**

It helps our hearts stay healthy. It makes our bones strong, and it creates muscles. Being active is really important for young and old people. Activities that use lots of energy are best. Dancing is really good for your body. Riding a bike and swimming are also good for your body. But watching TV or playing video games are bad for your health if you do them too much. That's because you sit in the same place to do them.

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**Complete the chart. Use the activities from the box. Then add more activities.**

dancing playing a sport playing video games  
riding my bike to school watching TV

Good for your body	Bad for your body



How much exercise do you do? How much time do you spend in front of the TV?



I will learn about sports around the world.

## CONTENT WORDS

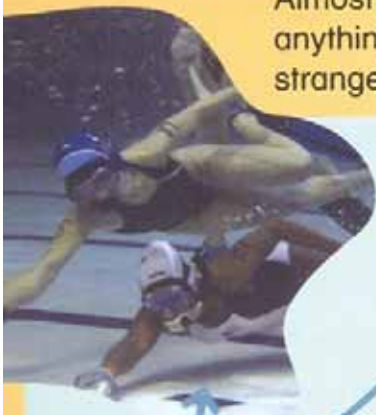
contest net puck race regatta team



**Listen and read. Where do these sports come from?**

## Strange Sports

Almost everyone knows about soccer, baseball, and basketball. But do you know anything about octopush, footvolley, or pumpkin regattas? Read about these strange sports!



### Octopush

Octopush comes from England, but people now play it all over the world. Octopush is like hockey, but people play it under water. Players use a small stick. They try to push a puck into a net to score points for their team.



### Footvolley

Footvolley is a sport from Brazil. Footvolley is like volleyball, but the players use a soccer ball. Players have to pass the ball to the other team over a high net. They cannot touch the ball with their hands. People play footvolley on the beach. It is very exciting but very difficult!



### Pumpkin Regatta

Each fall, in parts of the United States and Canada, people join in a contest called a pumpkin regatta. It is like a boat race, but the players do not race in boats. They race in giant, hollowed out pumpkins! These pumpkins weigh more than 450 kilograms (1,000 pounds). After the race, there's a pumpkin pie-eating contest.

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**Which sport do you want to try? Talk with a partner.**

**THINK  
BIG**

Why did these sports start in these places?  
Can you do these sports in other countries?

## Writing | Combining Sentences with *and*, *but*, or

I will learn to combine sentences with *and*, *but*, or.

Use **and**, **but**, and **or** to combine two simple sentences into one compound sentence.

I went to bed at 9:00. I woke up at 7:00.

→ I went to bed at 9:00, **and** I woke up at 7:00.

Dad ate oatmeal. Mom didn't eat breakfast.

→ Dad ate oatmeal, **but** Mom didn't eat breakfast.

We can walk to the store. We can take the bus.

→ We can walk to the store, **or** we can take the bus.



### 17 Circle the words **and**, **but**, and **or** in the paragraph.

I don't like to play sports, but I need to get exercise. I like walking, and I walk to school every day. My dad goes hiking on the weekend, or he goes to the gym. I like to go to the gym with him. He lifts weights, and I walk on the treadmill. For a treat afterward, we go out for smoothies, or we make tacos at home. Dad makes the best tacos, but Mom's cooking is good, too.

### 18 Join the simple sentences to make compound sentences. Use the word in parentheses.

1 My sister plays soccer. My brother plays baseball. (and)

---

2 My dad works at a hospital. He isn't a doctor. (but)

---

3 We can eat chicken for dinner. We can try the new restaurant. (or)

---

4 Freddie can run two miles. He doesn't run fast. (but)

---

I will learn to use the sounds all, au, and aw.

<sup>154</sup>  
**19** Listen, read, and repeat.

1 **all**                      2 **au**                      3 **aw**

<sup>155</sup>  
**20** Listen and find. Then say.



**ball**



**haul**



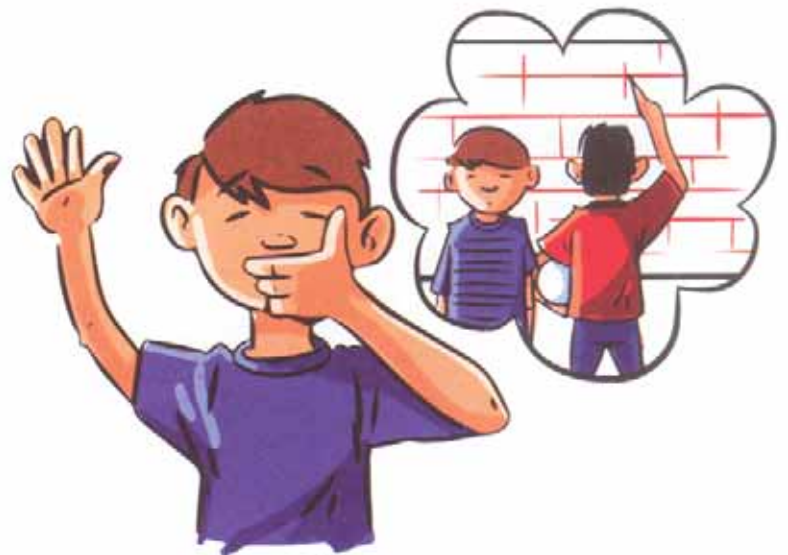
**draw**

<sup>156</sup>  
**21** Listen and blend the sounds.

- |           |       |          |      |
|-----------|-------|----------|------|
| 1 s-m-all | small | 2 c-all  | call |
| 3 t-all   | tall  | 4 y-aw-n | yawn |
| 5 c-l-aw  | claw  | 6 w-all  | wall |
| 7 l-aw    | law   | 8 P-aul  | Paul |

<sup>157</sup>  
**22** Read aloud. Then listen and chant.

I'm Paul, I'm bored.  
Yawn, yawn.  
Let's play, let's play  
With a ball,  
Let's draw, let's draw  
A wall.



I will learn to talk about exercise.

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23

**Look and listen. Point to and say the healthy activities.**

a



b



c



d



24

**Work with a partner. Tell your partner to do healthy things.**



Don't watch TV.  
Go outside and  
play soccer!

Ride your bike at  
a park or in your  
neighborhood. It's fun,  
and it's good for you.



**Project**

25

**Work with a group. Think of a new game you can play outside. Write down the rules. Teach the rest of the class your new game.**



## 26 Circle the correct verb.

- 1 Lenny is tired. He didn't **get** / **got** enough sleep last night.
- 2 I feel sick. I didn't **eat** / **eating** a healthy breakfast.
- 3 Did they drink lots of water today? No, they **did** / **didn't**.
- 4 Did they **ride** / **rode** their bikes yesterday? Yes, it was fun.

## 27 Do a survey of your classmates. Add two of your own questions. Ask and answer.

- 1 eat/healthy/food?
- 2 get/sleep/last night?
- 3 get/exercise/last week?
- 4 brush/teeth/this morning?
- 5 ride/bike/on the weekend?
- 6 drink/a lot of/water/today?
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_



Did you get enough sleep last night?

Yes, I did.



## I Can

- use words for healthy and unhealthy habits.
- use *did* and *didn't* to ask questions about healthy and unhealthy habits.
- ask and answer about healthy and unhealthy habits.
- combine sentences with *and*, *but*, and *or*.



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# BIG ENGLISH



2ND EDITION  
WORKBOOK

3

# 8

# Healthy Living

## Vocabulary

**1** Look and write. Use activities from the box. Then ✓ the healthy activities.

ate a healthy breakfast   ate pie for breakfast   drank lots of water  
got ten hours of sleep   got two hours of sleep   rode a bike



1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_



4 \_\_\_\_\_  
\_\_\_\_\_

5 \_\_\_\_\_  
\_\_\_\_\_

6 \_\_\_\_\_  
\_\_\_\_\_

**2** Read and circle for you.

- 1 How do you feel today? I feel **great** / **awful** / **OK** today.
- 2 Did you get enough sleep? **Yes** / **No**
- 3 Did you eat any breakfast? **Yes** / **No**
- 4 Did you drink lots of water? **Yes** / **No**





**Listen and write.**

any Did enough good too you

**Live Right!**



"Did you eat breakfast?" asks Mom,  
 "You don't look <sup>1</sup>\_\_\_\_\_ to me.  
 Did you get <sup>2</sup>\_\_\_\_\_ sleep?" asks Mom,  
 "Did you watch <sup>3</sup>\_\_\_\_\_ much TV?"



**Enough sleep. Good food.  
 Be healthy. Live right!  
 Enough sleep. Good food.  
 Be healthy. Live right!**





"<sup>4</sup>\_\_\_\_\_ you ride your bike?" asks Mom,  
 "You know it's good for <sup>5</sup>\_\_\_\_\_  
 Did you get <sup>6</sup>\_\_\_\_\_ exercise?  
 You know it's good to do!"

**Chorus**



**Look, read, and write She or He.**

	Breakfast	Activity
	candy bar	watched TV all day
	eggs and toast	rode his bicycle

I feel awful!

I feel great!

- \_\_\_\_\_ did not get any exercise.
- \_\_\_\_\_ had a healthy breakfast.
- \_\_\_\_\_ is healthy.
- \_\_\_\_\_ is unhealthy.

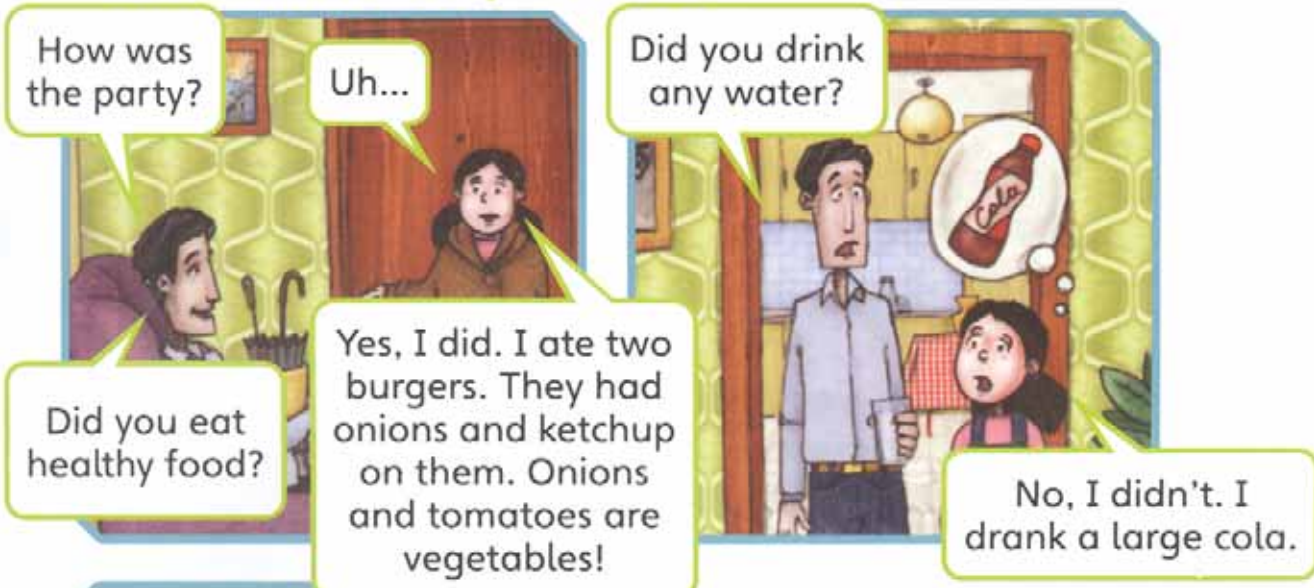
How did I do?





**5** Read and answer. Write **Yes, she did** or **No, she didn't**.

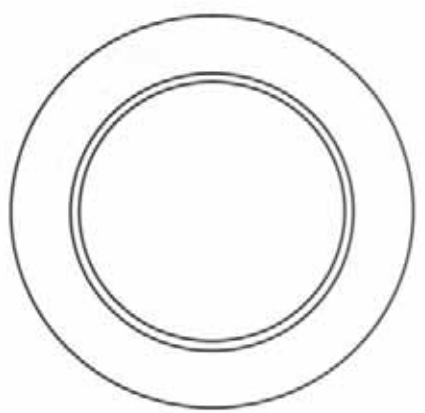
### An Unhealthy Dinner



- 1 Did Amy eat burgers for dinner?  
\_\_\_\_\_
- 2 Did she eat fried food?  
\_\_\_\_\_
- 3 Did she drink a large glass of water?  
\_\_\_\_\_

**6** What did you eat for dinner yesterday? Draw, write, and circle.

Yesterday, for dinner, I ate \_\_\_\_\_  
and I drank \_\_\_\_\_.  
My dinner **was** / **wasn't** healthy.



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7

## Listen and circle.

- 1 Olivia feels **good** / **bad**.
- 2 Olivia **got** / **didn't get** enough sleep.
- 3 Olivia **drank** / **didn't drink** water for breakfast.
- 4 Olivia **ate** / **didn't eat** breakfast.
- 5 Olivia's dad **is** / **isn't** happy about Olivia's breakfast.



## 8 Read and write **did** or **didn't**.

1 **Carmen:** Are you feeling OK?

**Jack:** I'm tired.

**Carmen:** 1 \_\_\_\_\_ you get any exercise today?

**Jack:** No, I 2 \_\_\_\_\_. I played video games all day.

**Carmen:** Oh. 3 \_\_\_\_\_ you get eight hours of sleep?

**Jack:** No, I 4 \_\_\_\_\_. I got four hours of sleep.



2 **Ellen:** Hi, Jim. I feel great today! How are you?

**Jim:** Not good. I 5 \_\_\_\_\_ eat a healthy breakfast.

**Ellen:** What 6 \_\_\_\_\_ you eat?

**Jim:** I ate ice cream and I drank soda.

**Ellen:** Yikes! What 7 \_\_\_\_\_ you eat for lunch?

**Jim:** I forgot lunch. I 8 \_\_\_\_\_ eat lunch.



**Did** you/he/she/they **get** enough sleep yesterday?    Yes, I/he/she/they **did**.    No, I/he/she/they **didn't**.

**9** Look. Answer the questions. Use **did** or **didn't**.



- 1 Did they get enough sleep? \_\_\_\_\_, \_\_\_\_\_.
- 2 Did they get enough exercise? \_\_\_\_\_, \_\_\_\_\_.
- 3 Did they play video games? \_\_\_\_\_, \_\_\_\_\_.
- 4 Did she eat a healthy dinner? \_\_\_\_\_, \_\_\_\_\_.
- 5 Did he eat a healthy dinner? \_\_\_\_\_, \_\_\_\_\_.
- 6 Did she drink enough water? \_\_\_\_\_, \_\_\_\_\_.
- 7 Did he drink enough water? \_\_\_\_\_, \_\_\_\_\_.



**10** Complete the questions. Then complete the answers with **did** or **didn't**.

**Poor Jonathan! He had a very unhealthy day.**



- 1 \_\_\_\_\_ he \_\_\_\_\_ enough sleep?  
\_\_\_\_\_, \_\_\_\_\_. He only got four hours sleep. He's very tired.
- 2 \_\_\_\_\_ he \_\_\_\_\_ breakfast?  
\_\_\_\_\_, \_\_\_\_\_. He had potato chips and donuts. But that isn't healthy, and he's very tired.
- 3 \_\_\_\_\_ he \_\_\_\_\_ OK today?  
\_\_\_\_\_, \_\_\_\_\_. He felt awful. And he's still very tired.
- 4 \_\_\_\_\_ he \_\_\_\_\_ a healthy dinner?  
\_\_\_\_\_, \_\_\_\_\_. He had meat and vegetables and fruit, and now he's not so tired.

**11** Look and ✓ the days about you. Then answer the questions.

My Habits Last Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 got enough sleep							
2 drank enough water							
3 ate healthy food							

- 1 Did you get enough sleep? \_\_\_\_\_
- 2 Did you drink enough water? \_\_\_\_\_
- 3 Did you eat enough healthy food? \_\_\_\_\_

**12** Read and write. Use the words from the box.

active   activities   energy   measure   put on weight   watching TV

A calorie is a <sup>1</sup>\_\_\_\_\_ of the energy we get from food. We need calories to give us <sup>2</sup>\_\_\_\_\_ to do different activities and sports. Some <sup>3</sup>\_\_\_\_\_, such as riding a bike and dancing, use a lot of calories and are really good for us. Sleeping and <sup>4</sup>\_\_\_\_\_ don't use any calories. If we eat more calories than we use, we can <sup>5</sup>\_\_\_\_\_, so it's important to stay <sup>6</sup>\_\_\_\_\_.

**152** **1B** Read and circle. Then listen and check.

- 1 Food and drinks give us energy because they have <sup>1</sup> **muscles** / **calories** in them. A calorie is a <sup>2</sup> **measure** / **activity** of this energy.
- 2 We need to have a certain number of calories to be <sup>3</sup> **fat** / **healthy**. If we have too many calories and don't use the energy, we can <sup>4</sup> **take** / **put on** weight and become <sup>5</sup> **tired** / **fat**. Exercise uses the energy by burning calories.
- 3 Being active and doing exercise at any age is also good for the heart, our <sup>6</sup> **bones** / **feet**, and our <sup>7</sup> **teeth** / **muscles**.
- 4 We always have to try to find time to <sup>8</sup> **watch television** / **exercise** and to rest. We always have to watch what we eat.



14

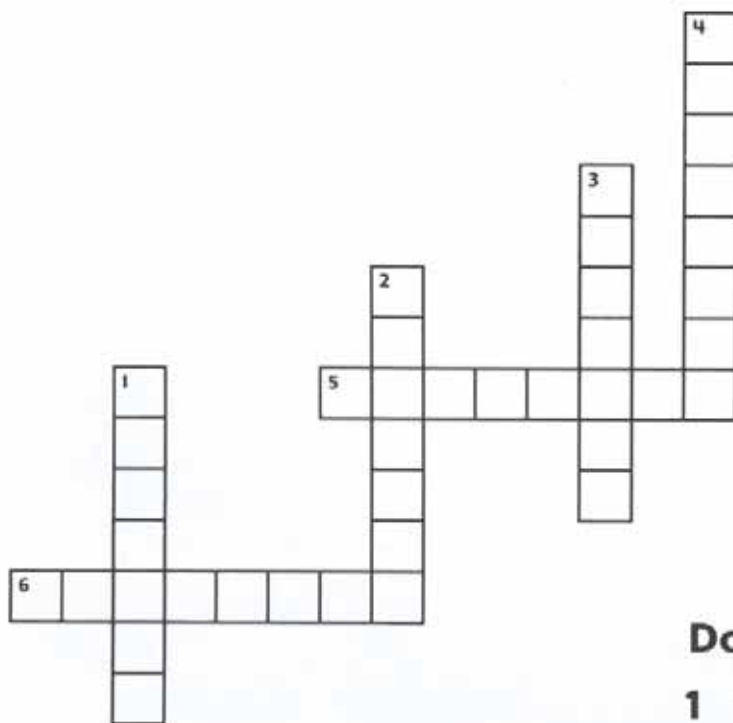
**Read and write. Use the words in the box.**

a lot of calories riding a bike watching TV

Your body needs <sup>1</sup>\_\_\_\_\_. Most people need 1,600 to 2,500 calories every day. Dancing and <sup>2</sup>\_\_\_\_\_ use <sup>3</sup>\_\_\_\_\_ calories. Sleeping and <sup>4</sup>\_\_\_\_\_ do not use many calories.

15

**Look at the chart and the clues. Complete the crossword puzzle.**



Activity	Calories used per hour
sleeping	60
watching TV	75
walking	230
dancing	270
swimming	520
running	700

**Across →**

- 5 Four hours of \_\_\_\_\_ uses 240 calories.  
6 One hour of \_\_\_\_\_ uses 520 calories.

**Down ↓**

- 1 Two hours of \_\_\_\_\_ uses 1,400 calories.  
2 \_\_\_\_\_ for two hours uses 460 calories.  
3 One hour of \_\_\_\_\_ uses 270 calories.  
4 \_\_\_\_\_ TV for two hours uses 150 calories.

How did I do?



**16** Read and match. Then write.



Footvolley



Octopush



Pumpkin Regatta

**1** In some parts of the United States and Canada, people play this sport. The people sit in pumpkins, and they race. This sport is called \_\_\_\_\_.

**2** People play this sport all over the world. It is like hockey, but in water. Players try to push a ball into a net. This sport is called \_\_\_\_\_.

**3** People play this sport in Brazil. They play it on the beach. They cannot touch the ball with their hands. This sport is called \_\_\_\_\_.

**17** Read and circle **T** for true or **F** for false.

- |   |          |          |
|---|----------|----------|
| <b>1</b> In footvolley, you can use your hands and your feet. | <b>T</b> | <b>F</b> |
| <b>2</b> Footvolley is popular in Brazil.                     | <b>T</b> | <b>F</b> |
| <b>3</b> People play octopush on the beach.                   | <b>T</b> | <b>F</b> |
| <b>4</b> Pumpkin regattas are popular in Canada.              | <b>T</b> | <b>F</b> |
| <b>5</b> In a pumpkin regatta, people race in pumpkins.       | <b>T</b> | <b>F</b> |



**18** Read and circle.

- 1 I usually walk to school, **or** / **but** today I rode my bike.
- 2 I sometimes play tennis **and** / **but** baseball after school.
- 3 I can walk to school, **or** / **but** I can take a bus to school.
- 4 I like dancing, **and** / **but** I'm not very good at it.
- 5 I usually get eight **and** / **or** nine hours of sleep.
- 6 It's hot **but** / **and** sunny today.

**19** Read and write. Use the ideas from the box.

and I help her do the dishes    but he isn't good at soccer  
 but she sounds terrible    or I take the bus



- 1 My friend always plays the guitar, \_\_\_\_\_.
- 2 My brother is good at flying kites, \_\_\_\_\_.
- 3 My dad drives me to school, \_\_\_\_\_.
- 4 I help my mom cook dinner, \_\_\_\_\_.

**20** Read and complete with **or**, **but**, or **and**.

I think I live a healthy life. I love doing exercise <sup>1</sup> \_\_\_\_\_  
 playing sports. I usually play tennis <sup>2</sup> \_\_\_\_\_ volleyball on  
 Saturday. <sup>3</sup> \_\_\_\_\_ when it's rainy I go running inside in a gym.  
 I sometimes have a burger <sup>4</sup> \_\_\_\_\_ fries for lunch. <sup>5</sup> \_\_\_\_\_  
 I usually eat turkey and rice <sup>6</sup> \_\_\_\_\_ pizza and salad.





**21** Read and circle **all**, **au**, and **aw**.

ball                      haul

                             cry                      yawn

draw                      tall                      prince

                             claw

**22** Underline the words with **all**, **au**, and **aw**. Then read aloud.

- 1 Paul, don't kick the ball to the wall.
- 2 Draw a tiger with big claws.

**23** Connect the letters. Then write.

- |      |     |   |       |
|------|-----|---|-------|
| 1 sm | aul | a | _____ |
| 2 dr | all | b | _____ |
| 3 h  | aw  | c | _____ |

**24** Listen and write.

I'm <sup>1</sup> \_\_\_\_\_, I'm bored.  
 Yawn, <sup>2</sup> \_\_\_\_\_.  
 Let's play, let's play  
 With a <sup>3</sup> \_\_\_\_\_,  
 Let's <sup>4</sup> \_\_\_\_\_,  
 Let's draw a <sup>5</sup> \_\_\_\_\_.



**25** Look and write. Use the words in the box.

eat a healthy breakfast    ate a healthy breakfast  
 get enough sleep        got enough sleep  
 get exercise



- 1 John didn't \_\_\_\_\_ last night.
- 2 John didn't \_\_\_\_\_ this morning.
- 3 John didn't \_\_\_\_\_ today.
- 4 Sue \_\_\_\_\_ last night.
- 5 Sue \_\_\_\_\_ this morning.

**26** Read and circle.



- 1 Did they **eat** / **ate** a healthy lunch?
- 2 She **drink** / **drank** enough water.
- 3 She didn't **play** / **played** basketball.

