



绿色印刷产品



定价：4.90元

全国价格举报电话：12315



义务教育教科书

义务教育教科书

ENGLISH

英语

(一年级起点)

英语 (一年级起点)

五年级下册

五年级下册



河北教育出版社

河北教育出版社

义务教育教科书

ENGLISH

英语

(一年级起点)

五年级下册

[中 国] 河 北 教 育 出 版 社
[加 拿 大] DC加拿大国际交流中心 合作编写



河北教育出版社

致同学

亲爱的同学们，新学期开始了！

这学期你们将和李明一起体验加拿大的日常生活，并学习有关运动和健康生活方式等方面的知识。

你们想知道加拿大的学校和我们的学校有什么不同吗？

你们想知道如何搭配营养、合理饮食吗？

你们想知道每天需要锻炼多长时间才能保持身体健康吗？那就开始我们这学期的学习吧！

同学们，这学期你们将继续学习人称代词和一般过去时等知识，在学习中，你们要注意发现语言规律并积极主动地运用这些规律。

请你们多参与英语学习活动，经常与老师和同学交流学习体会，探索适合自己的学习方法。相信你们一定能学得更好！



CONTENTS



Unit 1 Li Ming Goes to Canada1

Unit 2 School in Canada17

Unit 3 We Love Sports.....33

Unit 4 Good Habits49

Word List65

Vocabulary68



UNIT 1

Lessons 1~6

Li Ming Goes to Canada



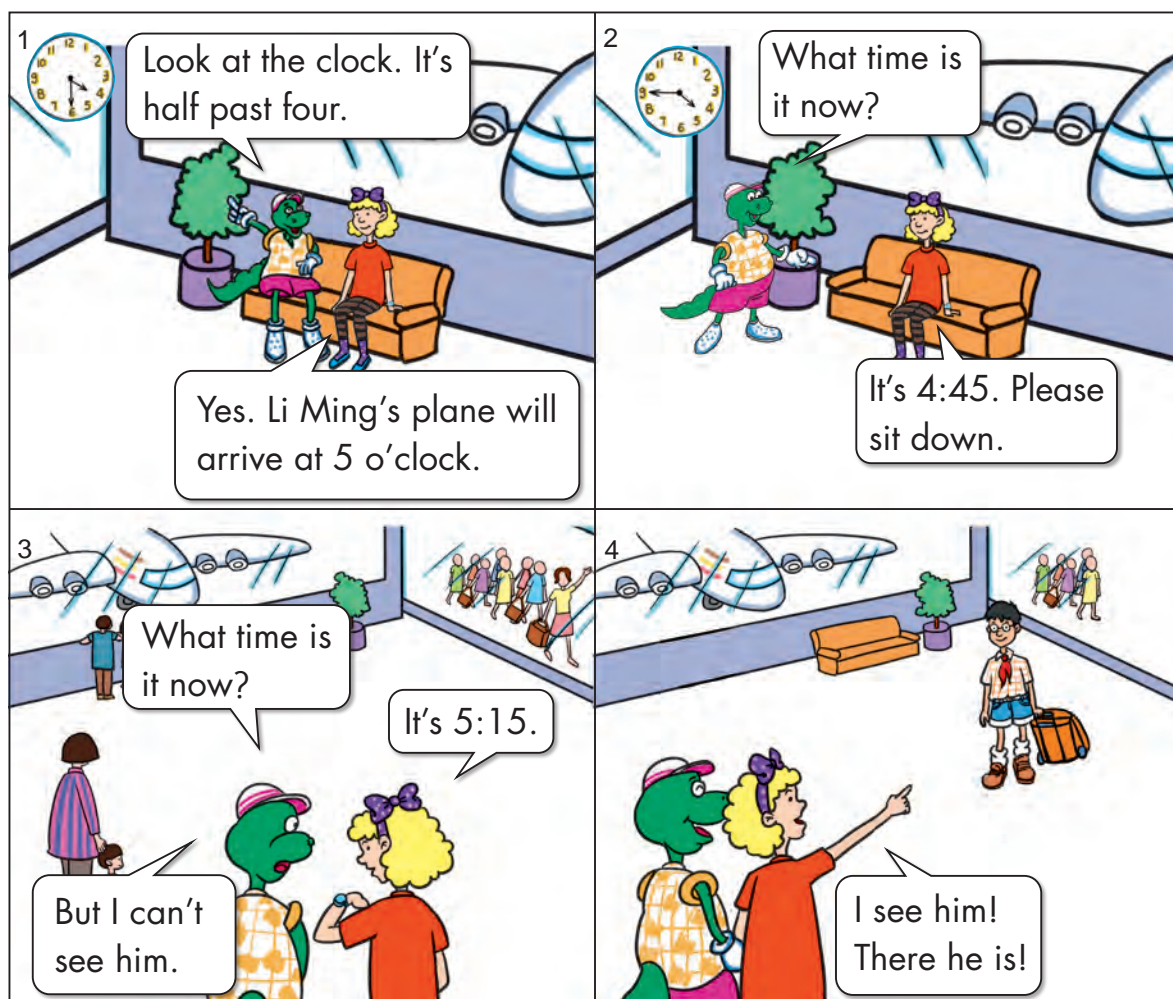
Lesson 1 At the Airport

1 Li Ming arrives today

Li Ming is coming to Canada as a visiting student. He arrives today. Today is September 1. He will go home on June 25.



2 There's Li Ming!





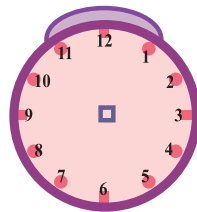
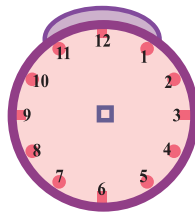
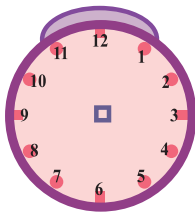
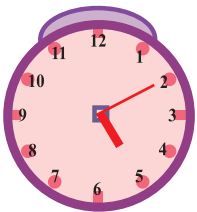
3 Let's do it!

1. Read. Tick or cross.



- ☐ Li Ming is coming to Canada.
- ☐ Today is October 1.
- ☐ Li Ming will stay in Canada for one year.
- ☐ Li Ming will arrive tomorrow.

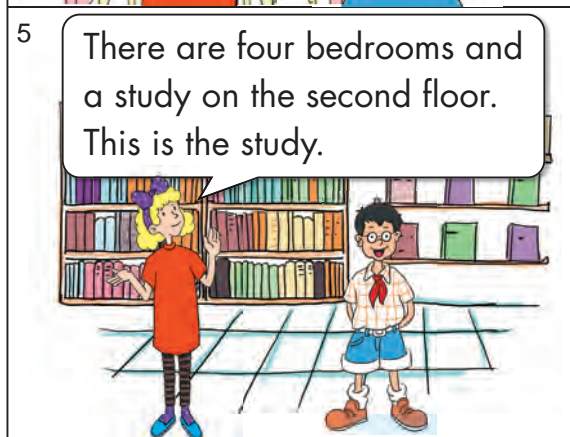
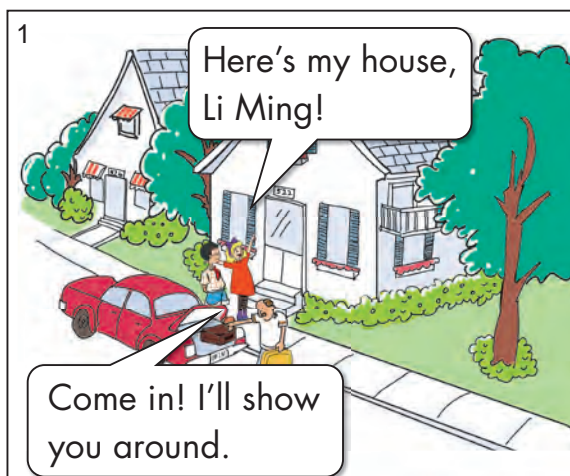
2. Read and draw.



It's five ten. It's half past four. It's seven forty. It's ten twenty-five.

Lesson 2 Jenny's House

1 Rooms in Jenny's house



2 Let's do it!



1. Look and write.

a. Our family lives in this _____.



b. We watch TV in the _____.



c. I do my homework in the _____.



d. I wash my face in the _____.



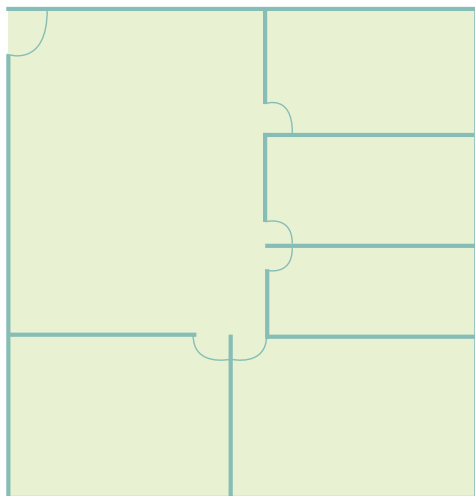
e. My mom cooks dinner in the _____.



f. My sister listens to music in her _____.



2. Draw, write and talk.



- There are six rooms in my house.

- There is a...

-

-

-

Lesson 3 Making Breakfast

① It's time for breakfast!

Mrs. Smith: Good morning, Li Ming and Jenny.

Li Ming: Good morning, Mrs. Smith. What time is it?

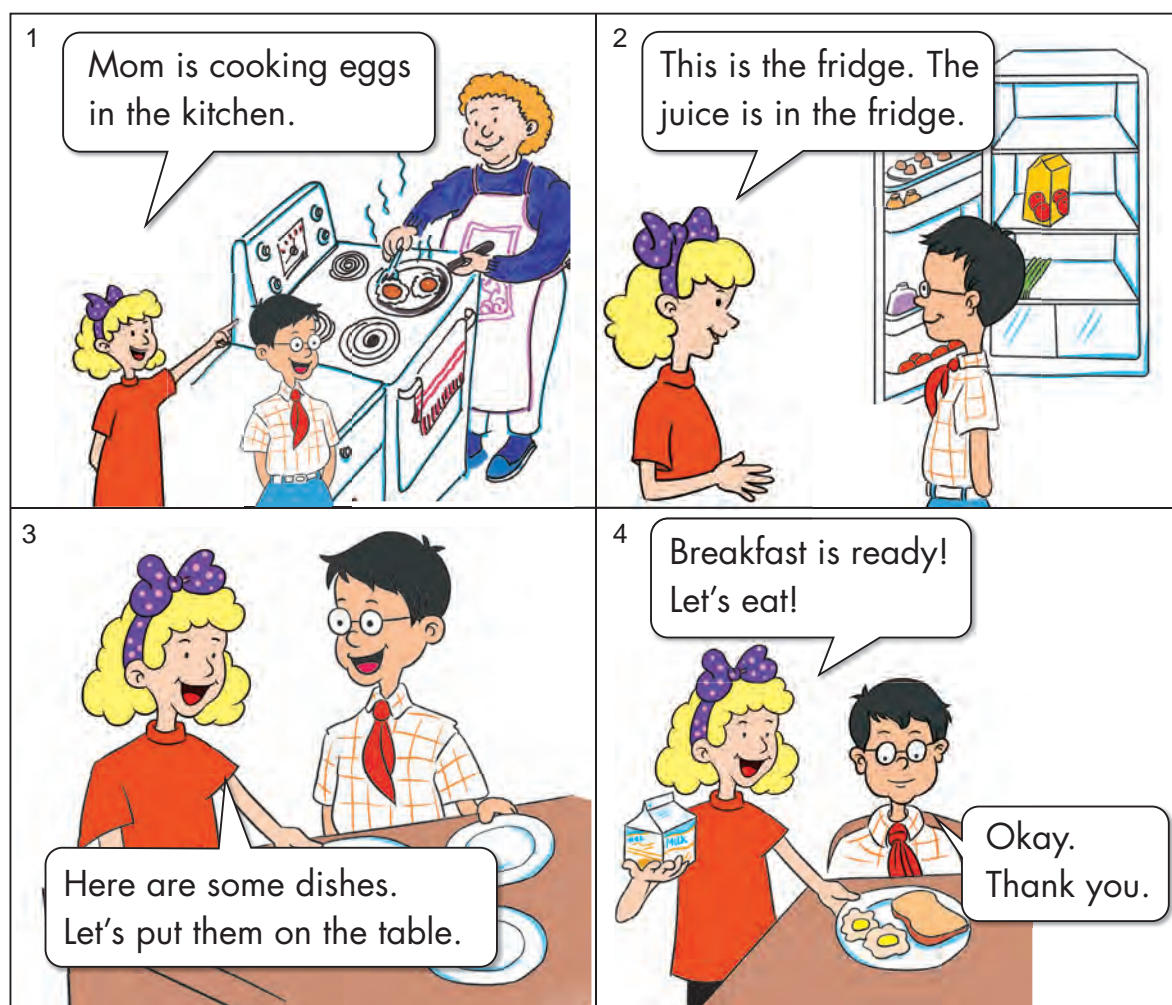
Mrs. Smith: It's half past seven. Time for breakfast!

What would you like for breakfast, Li Ming?

Li Ming: I'd like some eggs, bread and juice, please.


Mrs. Smith: What would you like for breakfast, Jenny?


Jenny: I'd like some milk and bread, please.



2 Let's do it!

1. Talk, write and draw.







bread
eggs
milk

Me

What would you like for breakfast?





I'd like some bread, eggs and milk.

2. Read. Tick or cross.

Chinese food is different from Western food in many ways. One big difference is that Chinese food often has more vegetables, while Western food has much more meat. Chinese people like to eat cooked vegetables but people in the West often don't. Chinese people like hot water but Western people often drink ice water. Chinese people like to drink tea but Western people like coffee. Chinese people use chopsticks and Western people use knives and forks.

- ☐ Chinese food and Western food are different in many ways.
- ☐ There are more vegetables in Western food.
- ☐ Chinese people like to eat cooked vegetables.
- ☐ Western people often drink ice water.
- ☐ Chinese people like to use knives and forks.



Lesson 4 Making Dinner

1 Time for dinner!

Li Ming: What time is it?

Jenny: It's half past six. Time for dinner! I'm hungry, Mom!

What's for dinner?

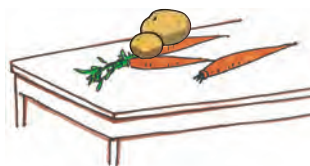
Mrs. Smith: I'm cooking meat and vegetables.

Jenny: Let's help my mother make dinner. She needs some vegetables.

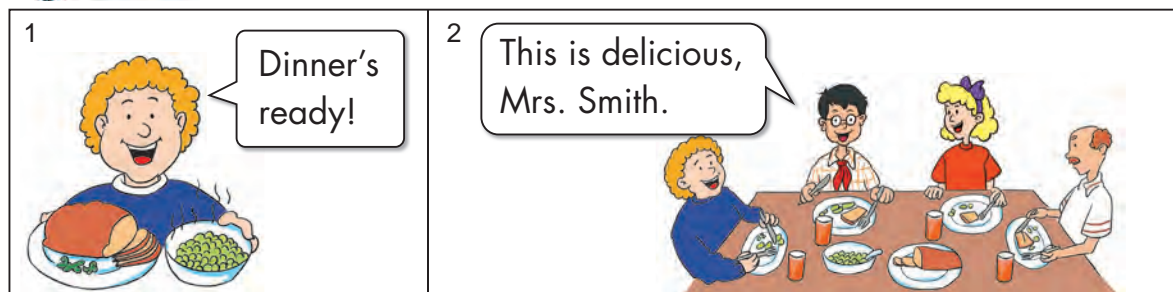
Li Ming: Okay. I can wash the vegetables.



The tomatoes are in the fridge.



The potatoes and carrots are on the table.



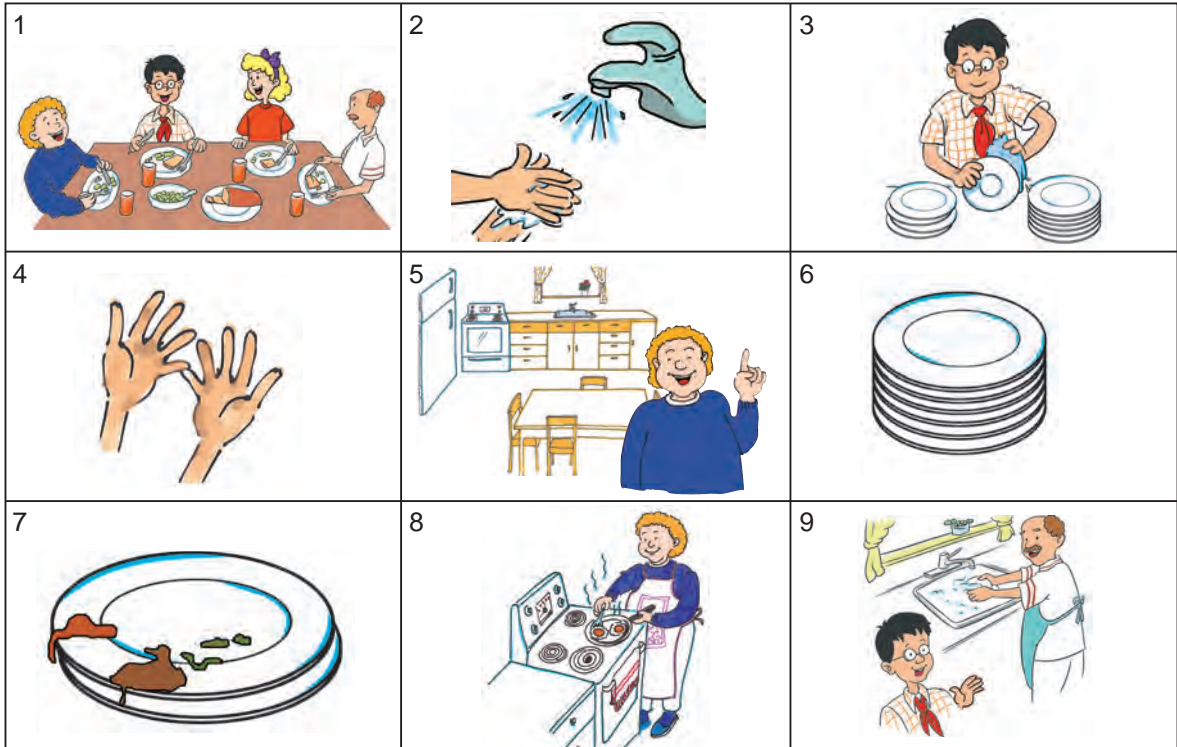
2 Let's wash the dishes!



3 Let's do it!



Read, match and write.



5

Mrs. Smith is in the kitchen. She is going to _____ dinner.



Her hands are _____.



She is _____ing her hands.



She is _____ing eggs in the kitchen.



They are having dinner.



The dishes are _____.



Mr. Smith is _____ing the dishes.



Li Ming is drying the dishes.



The dishes are _____ now.

Lesson 5 In the Living Room

1 In the living room



It's Saturday. We are in the living room.
Look at us. What are we doing?

Jenny and Danny are watching TV. Jenny is sitting in a chair and Danny is sitting beside her.

Can you find Lynn and Bob in this picture? Lynn is Jenny's sister and Bob is Jenny's brother. They are playing cards. They are happy.

What are Mr. and Mrs. Smith doing? They are reading the newspaper.

Do you see me at the table? I am writing a letter.



2 Let's do it!



Read and write.



Look, this is _____.
I am flying a kite.



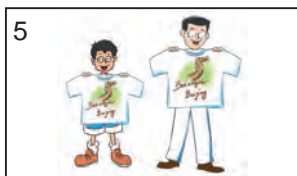
Your books are on the floor.
Put _____ in your bag.



Today is my father's birthday.
I bought a gift for _____.



My English teacher is Miss Zhao.
We all like _____.



Look at _____.
We have the same T-shirts.



This book is for _____.

them
you
me
him
her
us

3 Listen and repeat

'chicken

'newspaper

'trousers

'subject

'vegetables

'welcome

thir'teen

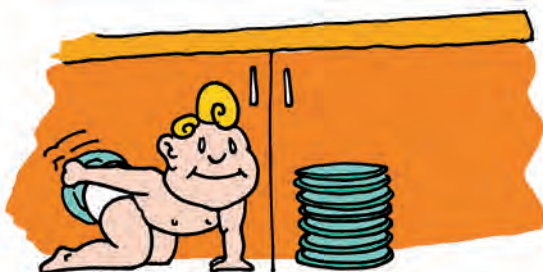
de'licious

Lesson 6 Baby Becky at Home



Story time

1



My name is Baby Becky. I say “goo”. I say “blub”. I say “waaaaa”. I say “mine”. I like to help my mother. After lunch, my mother washes the dishes. I dry the dishes.

2



I make a house with the dishes. My mother says, “Baby Becky, don’t play with the dishes!” “Mine!” I say. “No! Play with your toys,” says my mother. I don’t want my toys. I want the dishes. “Mine!” I say.

3



I like to cook. I open the fridge. I see tomatoes, eggs and milk.

4



I like to cook eggs. My mother says, “Baby Becky! Don’t play with the eggs!” “Mine!” I say. “No!” says my mother.

5



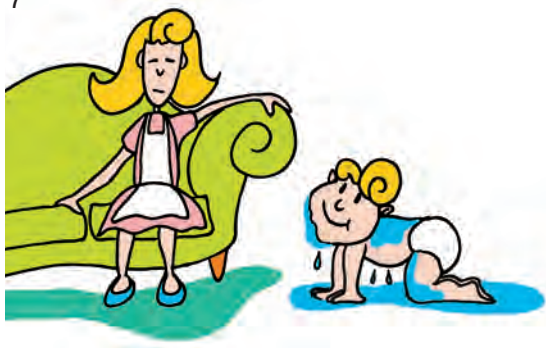
My mother says, "Baby Becky! You are dirty!" We go to the bathroom. I put my toy in the toilet. "No, Baby Becky! No! No! Don't play in the toilet." "Mine!" I say. "Oh no!" says my mother.

6



I am tired of sitting in the water. I want a shower. Now I am clean. There's water everywhere in the bathroom.

7



My mother is in the living room. She is tired. "What time is it?" she says. "Oh no! It's six o'clock! Time to make dinner!"

8



We go to the kitchen. "Mine!" I say. "Yes," says my mother. "It's yours now."

mine 我的（东西）

look out 小心

shower 淋浴，沐浴

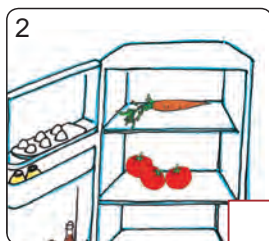
Think About It

- What does Baby Becky do at home?
- Does she help her mother?

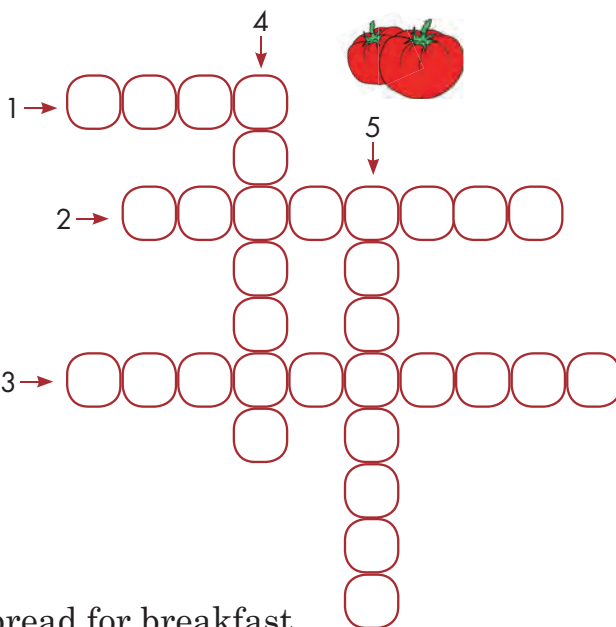


Unit 1 Review

1 Listen. Tick or cross.



2 Look and write



1. She likes _____ and bread for breakfast.
2. We need some _____ and carrots.
3. _____ are good for us.
4. Mrs. Smith is cooking eggs in the _____.
5. Where are the _____? They are in the fridge.

3 Read and write

him you her them us me

1. The flowers are very beautiful. I like _____ very much.
2. Hi Danny. I can't find my ruler. Can you help _____?
3. Mom, we are thirsty. Please give _____ some water.
4. Bob is my friend. I will invite _____ to my birthday party.
5. Mary is in the U.S. I want to send _____ a postcard.
6. — Hi Jack! May I play with _____?
— Sure. Let's go to the park.

4 Read and talk

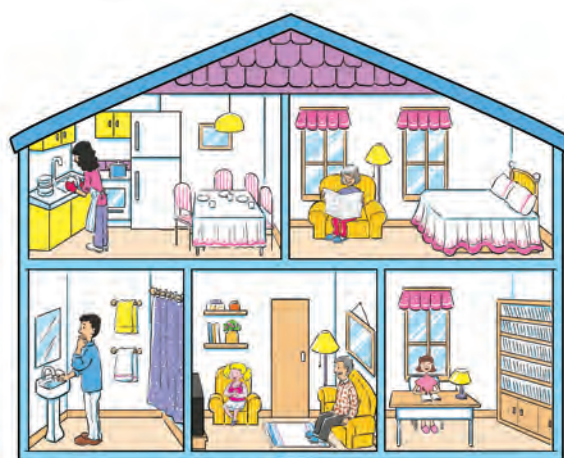
Jane's grandfather is watching TV in the living room. Her sister is there, too. Jane's grandmother is reading the newspaper in the bedroom. Jane's mother is washing the dishes in the kitchen. Jane's brother, Jack, is singing in the bathroom. Where is Jane? She is doing her homework in the study.

Where are they? What are they doing?

Jane's
grandfather

Jane

Jack



Jane's
grandmother

Jane's
mother

Jane's sister

5 Key words and sentences

























Words:

clock kitchen floor toilet study breakfast milk
dinner vegetable
watch
him them half dirty

Sentences:

There is a living room, a kitchen and a bathroom on the first floor.
There are four bedrooms and a study on the second floor.
Time for breakfast! What would you like for breakfast?
I'd like some eggs, bread and juice, please.

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 				

UNIT 2

Lessons 7~12

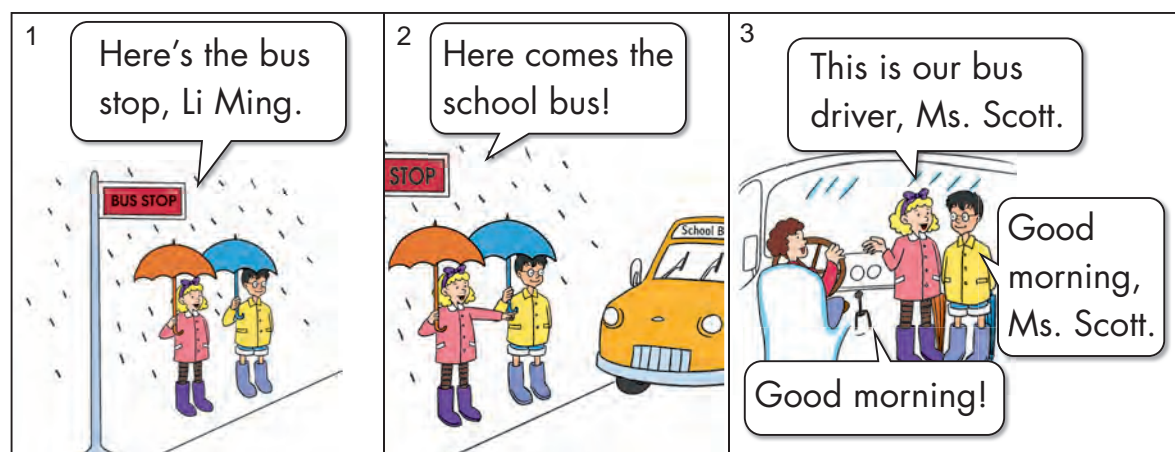
School in Canada



Lesson 7 Here Comes the School Bus!

1 Li Ming and Jenny go to school

It's rainy today. Li Ming and Jenny go to school by bus.



Li Ming: Do you always go to school by bus?

Jenny: No, not always. Sometimes I ride my bike.






Li Ming: Is your home near the school?

Jenny: No, it's far. So I never walk to school.

How do you go to school, Li Ming?

Li Ming: I often walk to school.

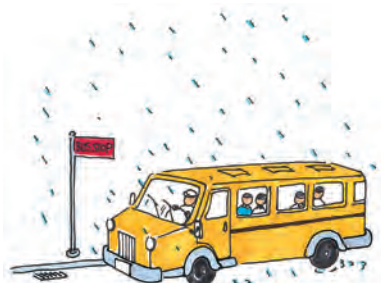


Monday	Tuesday	Wednesday	Thursday	Friday
				

Jenny often goes to school by bus. Sometimes she rides her bike. She never walks.

2 Let's sing!

The rain is falling from the sky.
The rain is wet, but I am dry.
I have my boots, umbrella, too.
I like a rainy day. Do you?



I see the bus stop where we meet.
The school bus is coming down the street.
The driver says, "Good morning! Hi!
The rain is wet, but we are dry!"

I always like a rainy day.
I never go inside to play!
And now the rain is gone and done.
So goodbye rain and hello sun!



3 Let's do it!

Tick and write.

	always	often	sometimes	never
• have breakfast	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• read books	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• plant flowers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• help out at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• watch TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• do my homework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. I always have breakfast.

2. I _____ read books.

3. I _____ plant flowers.

4. _____

5. _____

6. _____

Lesson 8 At Jenny's School

1 At school

Jenny and Li Ming get off the school bus. They walk to the school.
Li Ming is very excited.



Li Ming: How many students are there in your school?

Jenny: About 350 students.

Li Ming: How many classes are there in Grade 5?

Jenny: There are two. What about your school?

Li Ming: There are six classes in Grade 5 in my school.

Jenny: Many students in my school are from other countries.

Li Ming: The students in my school are all Chinese. Everyone speaks Chinese. We also learn English.

Jenny: In my school, we speak English, but we also learn French. Oh, time for math class. Let's go!

2 Let's do it!



Read and write.



Welcome to Green Tree School. There are about 230 students in our school. In each class, there are about 20 students. Most students take the school bus to school. We go to school from Monday to Friday. School starts at 8:30 a.m. and ends at 3:30 p.m. We work hard. All the students have lunch at school. In the afternoon, we play basketball from 3:30 to 4:30. The school year begins in September and ends in June.



Talk about your own school. What is the same? What is different?

Green Tree School

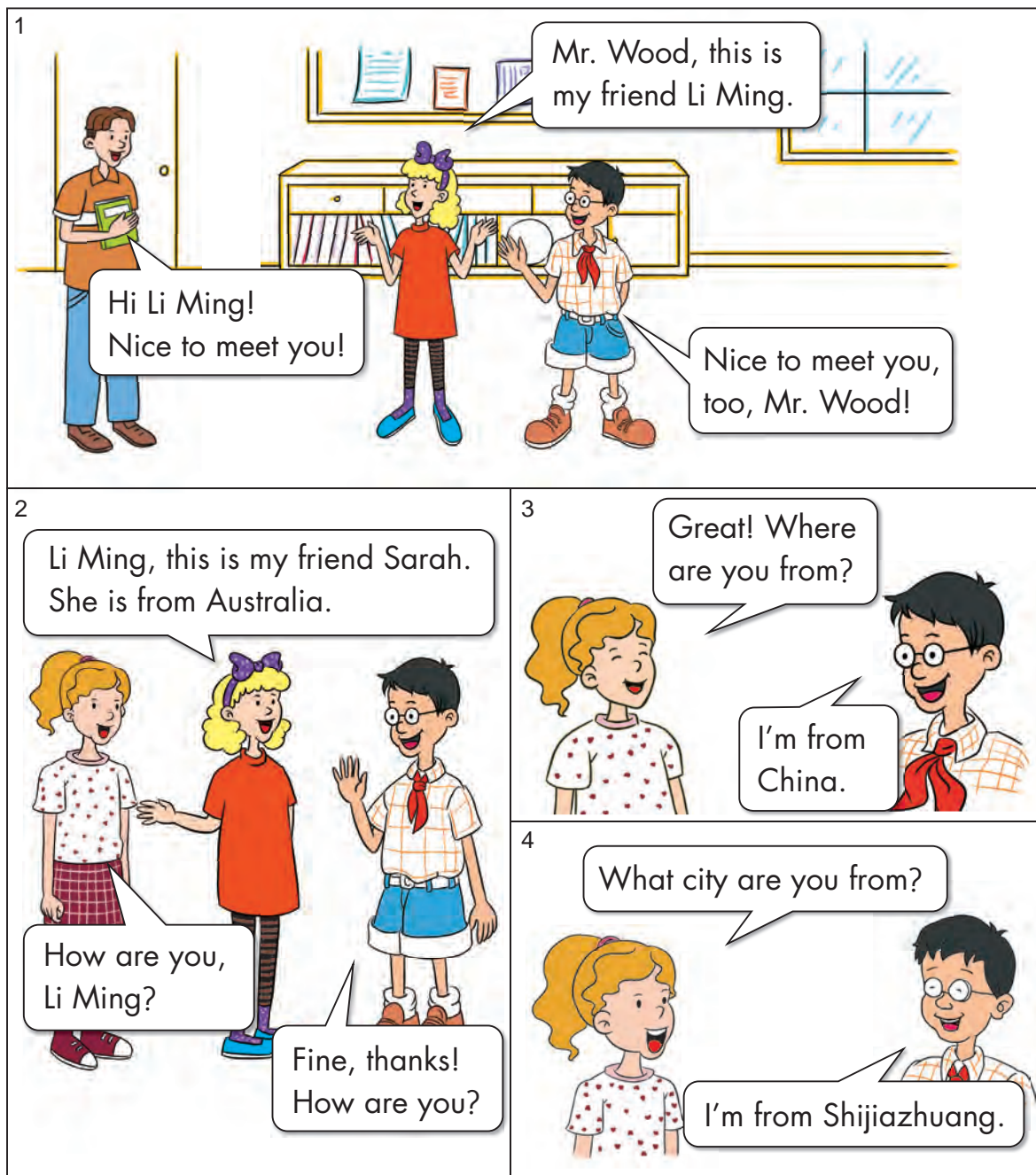
About 230 students.

School starts at 8:30 a.m.

My School

Lesson 9 Li Ming Meets Jenny's Class

1 In the new class







2 Many questions

<p>1</p> <p>Hi Li Ming. I'm Peter. I'm from the U.S.</p>  <p>Hello Peter.</p> 	<p>2</p> <p>When did you come to Canada?</p>  <p>I came on Monday.</p> 
<p>3</p> <p>You speak good English! Does everyone in your family speak English?</p>  <p>No, we speak Chinese at home.</p> 	<p>4</p> <p>How old are you, Li Ming?</p>  <p>I'm twelve years old.</p>  <p>I'm twelve, too.</p> 

3 Let's do it!



Ask and answer.

<p>I'm from China. Where are you from?</p> 	<p>I am from Canada.</p> 	<p>Where are you from?</p> 	<p>I am from Gansu.</p>  
--	--	--	--

Lesson 10 Mr. Wood's Science Class

1 Temperature

1

How's the weather today, Steven?

It's rainy and cool.

2

What's the temperature outside, Kim?

It's fifteen degrees.

3

What's the temperature inside, Jenny?

It's twenty degrees.

4

What's the temperature of the water, Li Ming?

It's 100 degrees.

5

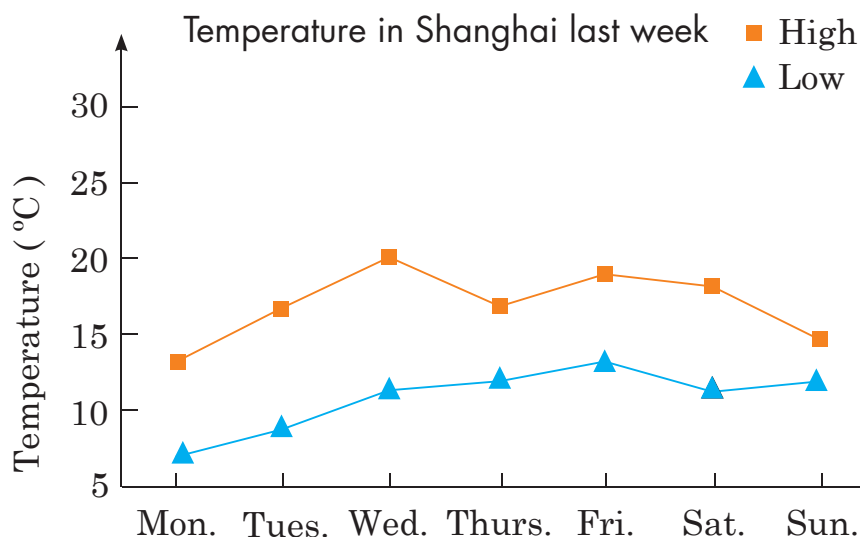
What's the temperature now, Li Ming?

It's zero degrees.

2 Let's do it!



1. Look and talk.

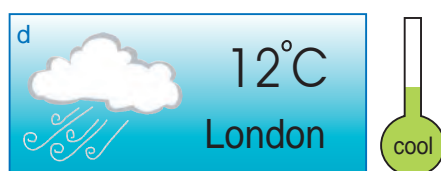
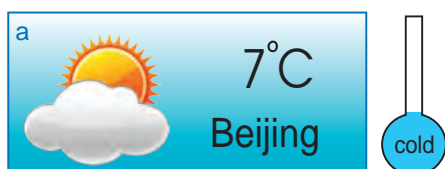


What was the high temperature on Monday?



What were the high and low temperatures each day in your city last week? Find and draw.

2. Look at the weather report for different cities. Read and write.



a. It's 7 degrees in Beijing. It's cloudy. It's cold.

b. It's _____ degrees in Guangzhou. It's _____. It's _____.

c. _____.

d. _____.

Lesson 11 Always Do Your Homework!

1 Always or never?

Mr. Wood: Class, let's get to work. Li Ming, do you always do your homework?

Li Ming: Yes!

Mr. Wood: Good! Let's put an **A** for *always*.

Mr. Wood: Jenny, do you often help out at home?

Jenny: Yes. I often clean the floor and wash the clothes.

Mr. Wood: Let's put an **O** for *often*.

Mr. Wood: Steven, do you always walk to school?

Steven: No. I sometimes walk to school. Sometimes I ride my bike.

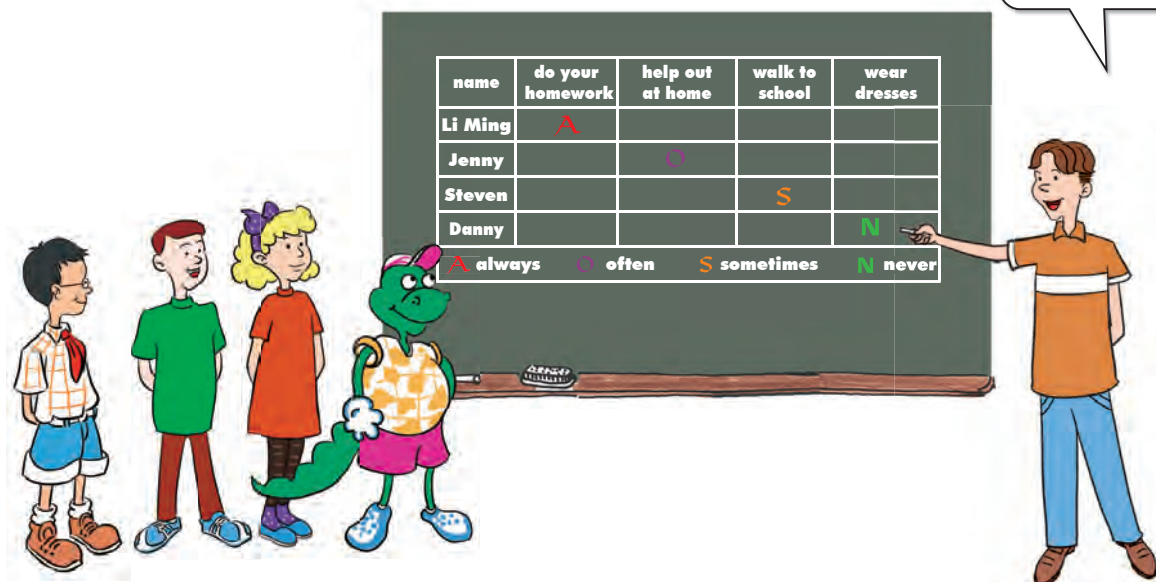
Mr. Wood: Let's put an **S** for *sometimes*.

Mr. Wood: Danny, do you wear dresses?

Danny: No! I never wear dresses!

Mr. Wood: Okay. Let's put an **N** for *never*. Now it's done!







Look at the blackboard.



2 Let's do it!



Look, write and say.

Name						
Wang Hong	A	S	N	S	S	O
Guo Yang	O	S	N	O	A	N
Kim	A	O	S	N	O	S
Me						
A always O often S sometimes N never						

- Wang Hong _____ reads books.
Wang Hong _____ watches TV.
- Guo Yang _____ plays computer games.
Guo Yang _____ has lunch at school.
- Kim _____ plays sports.
Kim _____ goes to the cinema.
- I _____.

I _____.

Wang Hong always reads books.
Wang Hong sometimes watches TV.



3 Listen and repeat

'Canada after'noon 'breakfast Chi'nese
'interesting Sep'tember 'temperature com'puter

Lesson 12 Be Safe on the Way



Story time

1

Hi, my name is Sam.

Hello, I'm Oba.

My name is Al.

I'm Neva.

Today is the first day of school. Some students meet at the bus stop.

2

Where are you from?

I'm from this city.

I'm always excited on the first day of school.

Me, too.

They wait for the school bus. They are very happy.

3

I am always very careful. When I wait for the bus, I always watch for cars and bikes.

And don't play on the street.

They want to be safe while waiting for the bus.

4

I often look to the left and to the right before I cross the street.

Sometimes I take my friend's hand. This will keep her safe.

It is always good to be careful. Everyone thinks so.

5

Be careful, Neva. Don't stand too close to the street.



Thanks.

Neva doesn't like to talk. She never says much.

6

Hello, boys and girls. Welcome back to school.



Thank you!

Now, they see the yellow school bus coming. The driver is Ms. Marshall. She is very nice.

7

Please wear your seat belts.



Okay!

The children sit on the bus. They talk and sing.

8

Always remember to be safe on the way.



The first day of school is always a happy day.

while 当……时 before 在……之前 cross 穿过, 横过 seat belt 安全带

Think and Act

- Do you know how to be safe on the street?
- Act out the story.



Unit 2 Review

1 Listen and match

1.



2.



3.



4.

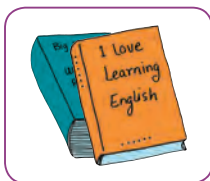


always

never

sometimes

often



2 Look and write

What subjects do you have on Tuesday?



music



English



math



Chinese



art



science



P.E.

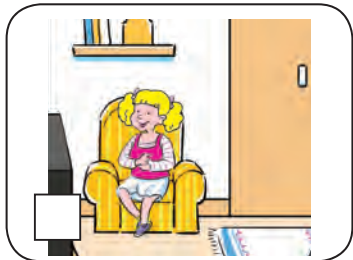
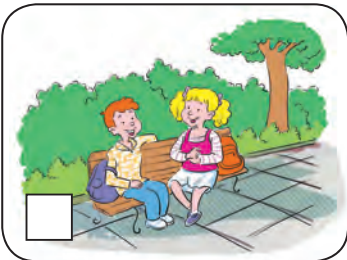
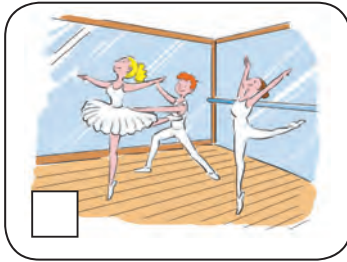
Tuesday	
a.m.	
p.m.	

3 Read and write

My name is Ann. I'm from the U.S. I am a student in Grade 5.
I don't go to school on Saturday and Sunday. On Sunday, I often get up at eight o'clock and have breakfast at half past eight. Sometimes I go to the park and sometimes I go to the library in the morning. I always have a dance class in the afternoon. Then I walk home. I never get home late.

1. Look and tick.

What does Ann do on Sunday?



2. What do you do on Sunday? Please write.

Handwriting practice area with a light blue background and a row of white dots at the top. Below the dots are several horizontal lines for writing.

4 Key words and sentences



Words:

driver Ms. science water blackboard

clean

always sometimes often but now

Sentences:























Where are you from? I'm from China.

What's the temperature inside? It's twenty degrees.

Do you always do your homework?

I often/sometimes help out at home.

5 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 				

UNIT 3

Lessons 13~18

We Love Sports



Lesson 13 Ping-pong and Basketball

1 Favourite sports



1

I play basketball and football. My favourite sport is basketball. What sports do you play, Li Ming?



I play football and ping-pong. Ping-pong is my favourite sport.



2



Oh. In Canada, people like to play ice hockey.



In China, many people like to play ping-pong.

2 Let's go to the store

Li Ming: Can we play basketball after school, Jenny?

Jenny: Sure. Can you teach me to play ping-pong?

Li Ming: Yes. Do you have any ping-pong balls?

Jenny: I don't think so, but we can buy some ping-pong balls at the store.

Li Ming: I want to buy a T-shirt, too.
Let's go to the store.



3 Let's do it!



Look and talk.

What sports
do you play?

Do you have any
ping-pong balls?



I play ping-pong.

Yes, I do.



Lesson 14 At the Sports Store

1 At the sports store

Let's see, Jenny.
I need a T-shirt.



And we need some
ping-pong balls.



5

I like this one! Red is my favourite colour.

6

Now we need some ping-pong balls. Do you have any ping-pong balls?

Sure! Do you want these or those?

7

These balls are five dollars. Those are four dollars. I want those!

8

That's ten dollars for the T-shirt and four dollars for the ping-pong balls. Fourteen dollars, please.

2 Let's do it!

Look and write.



- Do you like this football or that basketball?
- I like that basketball.

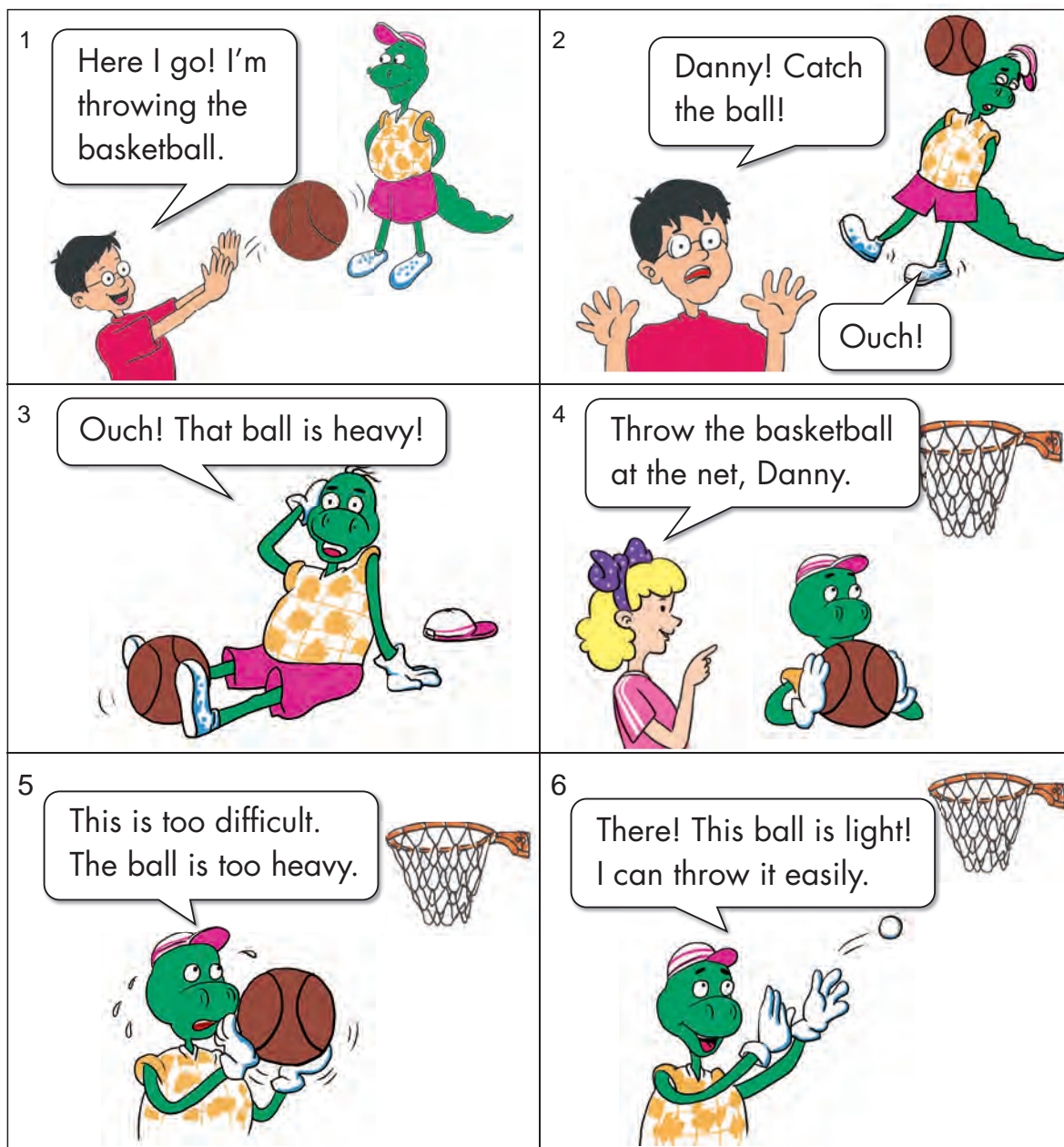





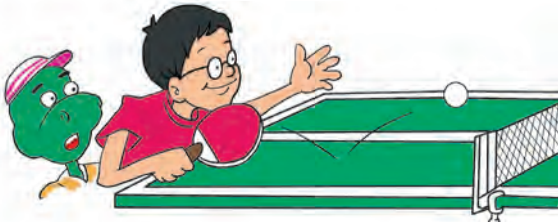

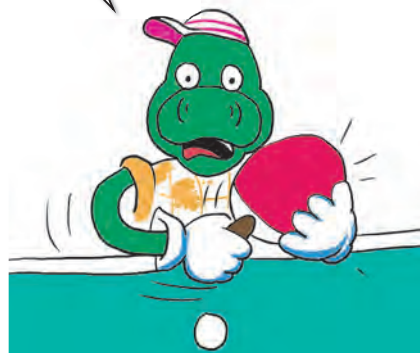
Lesson 15 At the Gym

① Playing basketball

Jenny, Danny and Li Ming went to the gym to play basketball and ping-pong. First, they played basketball. Then, Li Ming taught Jenny and Danny to play ping-pong.



2 Playing ping-pong

<p>1</p> <p>Do you know how to play ping-pong? Let me show you!</p> 	<p>2</p> <p>I am hitting the ball to Jenny.</p> 
<p>3</p> <p>Can you hit the ball to Jenny?</p>  <p>I think I can!</p>	<p>4</p> <p>Ouch! I hit my hand!</p> 

3 Let's do it!



Look and write.

1. The basketball is _____.

The ping-pong ball is _____.



2. Jenny can fly the kite very high. It's _____ for her.

Danny can't fly the kite. It's _____ for him.



Lesson 16 A Basketball Game

1 Player, team and game

Jenny and Li Ming are going to watch Bob play basketball this evening.



Who is Bob?



player

Bob is Jenny's brother. He is twenty years old. He is a policeman. On Saturday, he is a basketball player. He plays basketball for fun.



team

He plays on a team. This is Bob's team.



game

Bob's team is playing a basketball game.

2 At the game

Bob's game is at the school gym. Let's go.



Great!

Jenny and Li Ming arrive at the gym at 7:00 p.m.

"There's Bob's team!" says Jenny. "Bob's team has blue T-shirts and blue shorts."



"There's the other team," says Li Ming. "The other team has orange shorts and T-shirts."

Jenny and Li Ming have fun at the game.

They jump up and down. "Go! Bob!" they shout.

"Go! Blue team!"

Now it's 8:15 p.m.

A player on the orange team has the ball. Look! He is throwing the ball. But Bob jumps up and catches it. Bob runs down the floor. He puts the ball in the net!



3 Let's do it!



Answer the questions.

- Who played at the game?
- Did Jenny and Li Ming have fun at the game?
- How many players are there on a basketball team?
- What sports do you play?
- Who's your favourite player?



Lesson 17 Who Won?

① We watched a basketball game

What did you do this evening, Jenny and Li Ming?



We watched a basketball game.



“Did Bob’s team play a game?” asks Mr. Smith.

“Yes. Bob was on the blue team. His team played against the orange team,” says Jenny. “It was a good game. Everyone played hard!”



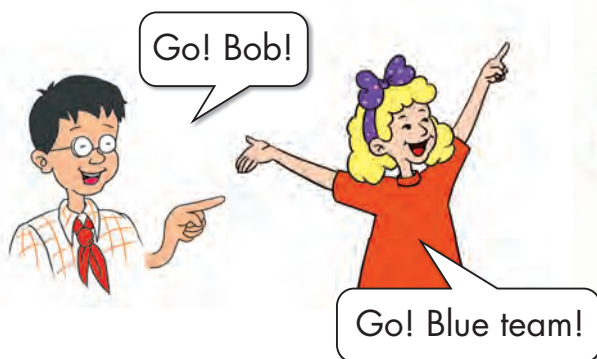
“Who won?” asks Mr. Smith.

“Bob’s team won!” says Li Ming.

“That’s great!” says Mr. Smith.

“Did you have fun watching the game?” asks Mr. Smith.

“Yes! We cheered for Bob’s team!” says Li Ming.



2 Let's do it!



1. Look, read and tick.



What colour did this team wear?

☐ Orange. ☐ Blue.

Did this team win?

☐ Yes, they did. ☐ No, they didn't.

Did this team play hard?

☐ Yes, they did. ☐ No, they didn't.

What colour did this team wear?

☐ Orange. ☐ Blue.

Did this team play hard?

☐ Yes, they did. ☐ No, they didn't.



2. Talk about a game you played.



What game did you play?
Where did you play the game?
Which team won?



3 Listen and repeat

eat an egg
an orange

in front of
look at

get up
put on

a map of China
at eight o'clock

Lesson 18 A Famous Football Player



Story time

Many years ago, there was a boy from a very poor family. He liked to play football very much.

But his family was too poor to buy him a football. So, the boy used boxes and bottles as his footballs. He played everywhere every day.



One day, a coach saw him. He saw that the boy was a good player. The man gave the boy a football as a gift.

From then on, the boy practised playing football harder than before. Soon he could kick the ball easily into the net.

At Christmas time, the boy wanted to do something for the kind coach. He ran to the coach's home and dug a hole in the front yard.

The coach asked why. The boy said, "I have no money to buy you a Christmas gift. But I can dig a hole



for your Christmas tree.”

The coach was happy. He said, “Today I got the best gift in the world.”
The coach asked the boy to be a player on his football team.



In 1958, the 17-year-old boy and his team won the World Cup. He was famous around the country.

Do you know who the boy is? He is Pele — the world famous football player!

coach 教练

practise 练习

kick 踢

dug 挖 (dig的过去式)

hole 洞; 坑

yard 院子

Think About It

- What Christmas gift did the boy give to his coach?
- How did the boy become a famous football player?



Unit 3 Review

1 Listen and tick

1. Where are they?

☐ At school.

☐ At home.

☐ At the store.

2. How much is the T-shirt?

☐ \$32.

☐ \$30.

☐ \$10.

3. How much do they need to pay?

☐ \$30.

☐ \$42.

☐ \$50.

2 Look and write



Last Sunday,
I walked to the zoo.



I _____ the pandas.



I _____ some bread
for lunch.



We _____ to a store
this morning.



Li Ming _____ a
T-shirt.



I _____ Li Ming
to play basketball.

bought

ate

saw

walked

went

taught

3 Complete the dialogue

Peter: What did you do this afternoon?

Tom: _____

Peter: Oh. Did the green team play?

Tom: _____ Everyone played hard.

Peter: Did you have fun?

Tom: _____

Peter: That's great.



- A. Yes, I had fun. I cheered for the green team.
- B. Yes, the green team played against the yellow team.
- C. I watched a ping-pong game.

4 Read and answer

My Favourite Sport

Hello! I'm Guo Yang. I like sports very much. I like running and playing basketball. Basketball is my favourite sport. I often play basketball with my friends. We have two teams — the Tiger Team and the Lion Team. Each team has five players. Steven and I are on the Tiger Team. Li Lin is on the Lion Team. We have fun together. My favourite basketball player is Yao Ming. I want to be a basketball player like him.



- a. What's Guo Yang's favourite sport?
- b. How many players are there on each team?
- c. Who is Guo Yang's favourite basketball player?

5 Key words and sentences



Words:

sport basketball football ball game evening policeman

think jump

heavy light

any or up down




















Sentences:

Do you have any ping-pong balls?

Do you like this T-shirt or that one?

What did you do this evening? We watched a basketball game.

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 ★				

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

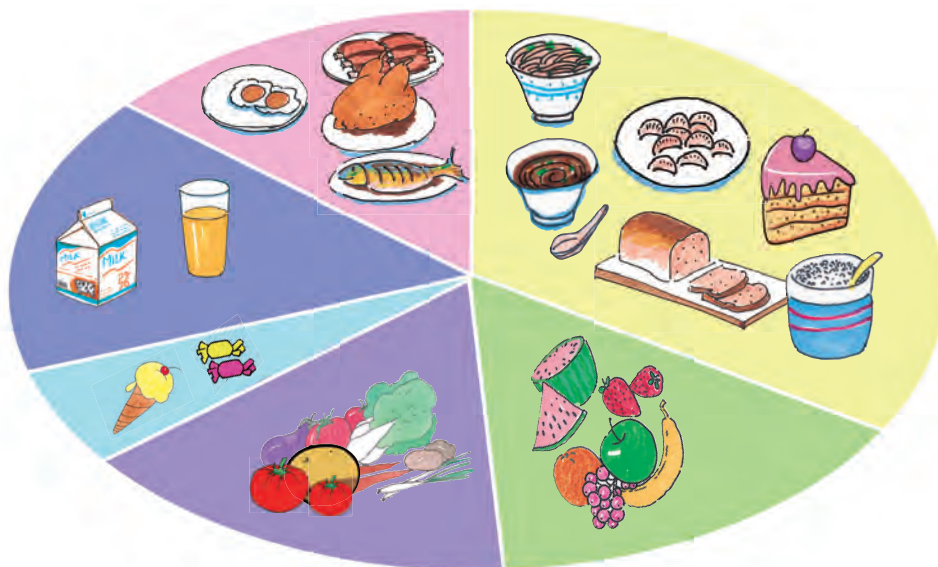
I think I need to eat more vegetables and fruit.



2 Let's do it!



Talk and write.



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



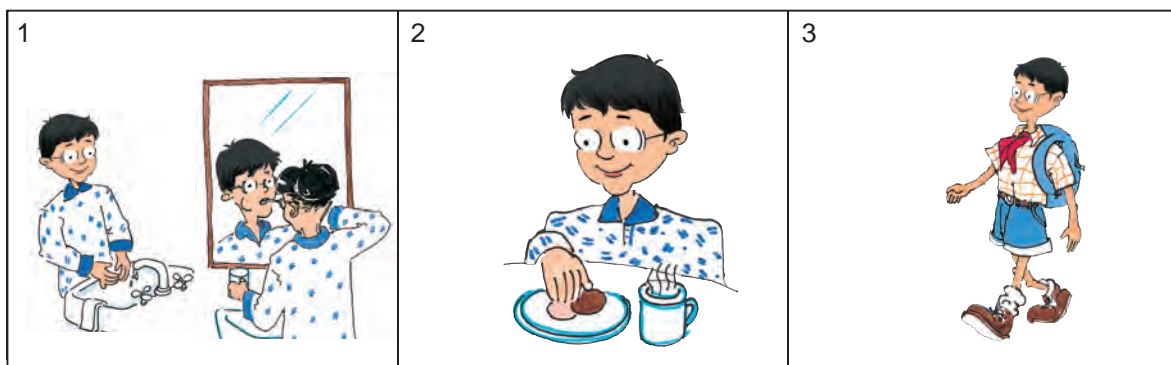
How often do you eat vegetables?

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



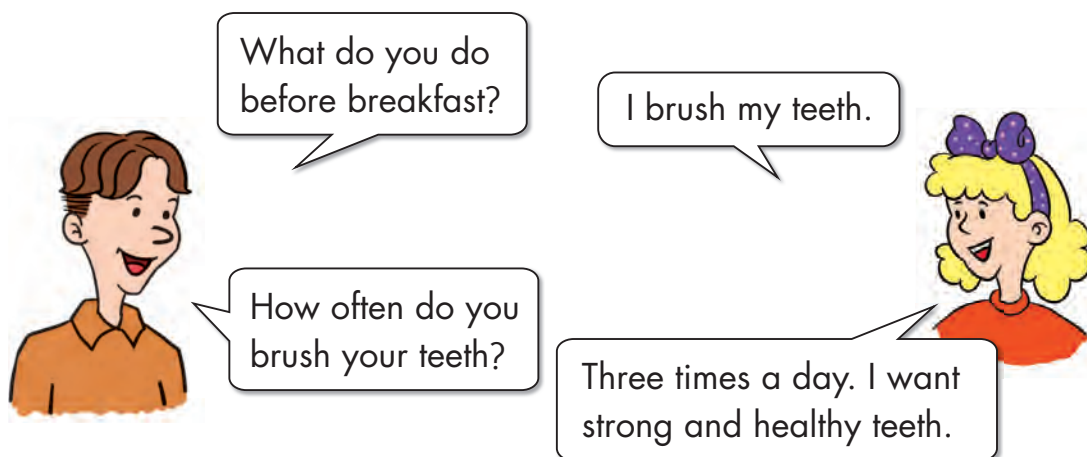
Before breakfast, I wash my hands and brush my teeth.

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.



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?



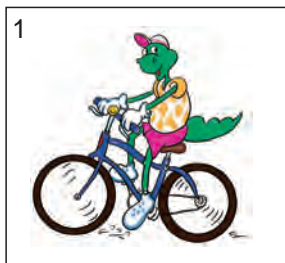
I always do my homework before dinner. After dinner, I wash the dishes.



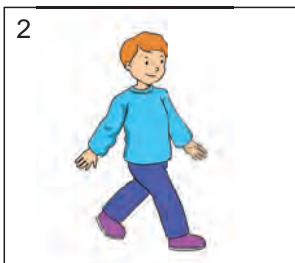
Lesson 21 Exercise!

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.

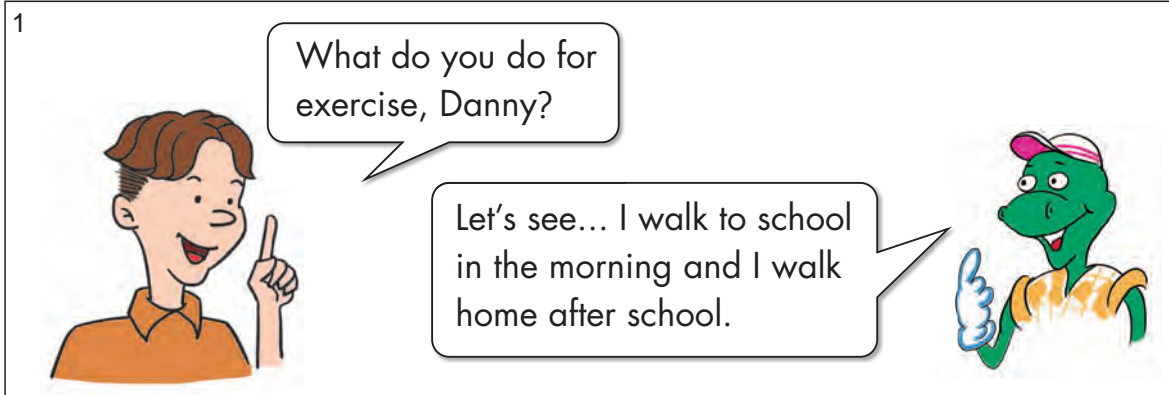


Sixty minutes
make an hour!



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.



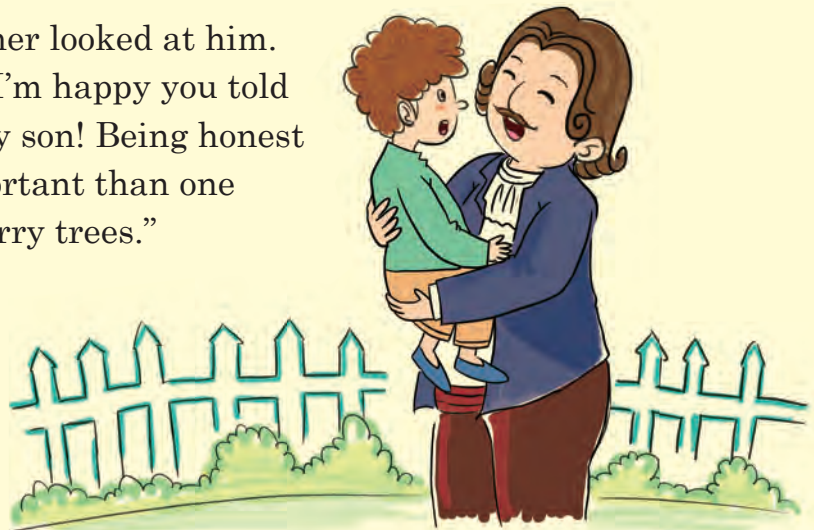
One day, little George cut down a small tree behind their house.

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



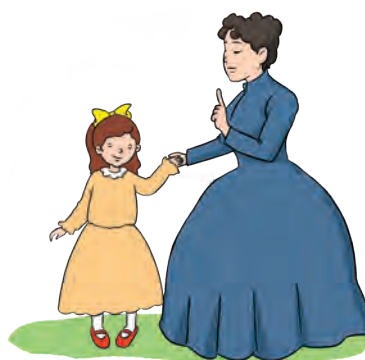
Her parents loved her very much, but did not know how to talk to her. She couldn't see anything. She couldn't hear anything. She couldn't speak at all.

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

deaf 聋的

blind 失明的

university 大学

writer 作家

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"/>



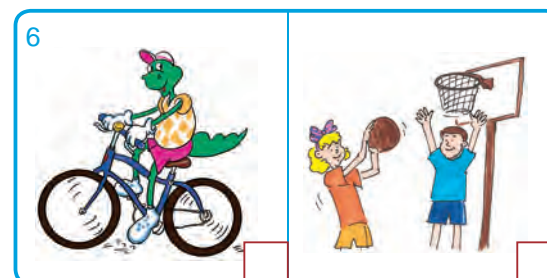
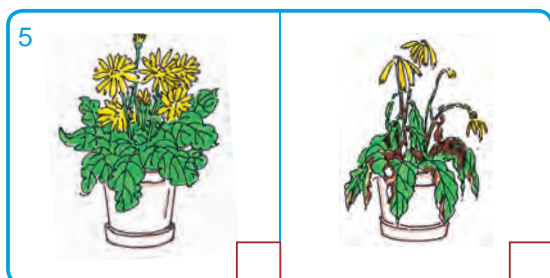
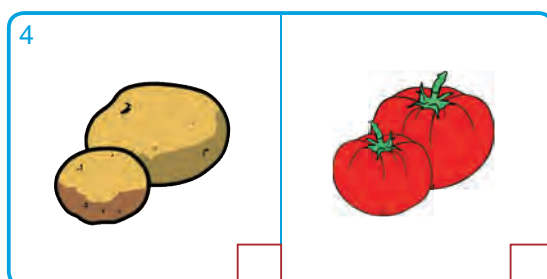
3

	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 ★				

Word List

(注：黑体词为要求听懂、会说、认读和书写的词汇)

Unit 1

		fridge 冰箱	(3)
		them 他们 (they的宾格形式)	(3)
airport 机场	(1)	dinner 晚餐	(4)
learn 学, 学习	(1)	vegetable 蔬菜	(4)
clock 钟, 时钟	(1)	carrot 胡萝卜	(4)
half 一半; 半	(1)	dirty 脏的	(4)
past 晚于; 过	(1)	dry 擦干; 干的	(4)
him 他 (he 的宾格形式)	(1)	watch 观看	(5)
		newspaper 报纸	(5)
around 到处, 四处; 周围	(2)		

Unit 2

living room 客厅	(2)	driver 司机	(7)
kitchen 厨房	(2)	Ms. 女士	(7)
bathroom 浴室	(2)	Scott 斯科特 (姓氏)	(7)
floor 楼层; 地板	(2)	always 一直; 总是	(7)
toilet 马桶; 厕所	(2)	sometimes 有时	(7)
bedroom 卧室	(2)	ride 骑; 乘	(7)
study 书房; 学习	(2)	never 从不, 从未; 决不	(7)
breakfast 早餐	(3)	often 时常; 经常	(7)
milk 牛奶	(3)		

get off 下车	(8)	ice hockey 冰球	(13)
excited 兴奋的	(8)	teach 教	(13)
but 但是	(8)	any 一些	(13)
grade 年级	(8)	ball 球	(13)
other 其他的	(8)	think 想; 认为	(13)
question 问题	(9)	or 或; 或者	(14)
Peter 彼得 (男子名)	(9)	dollar 美元	(14)
came 来 (come的过去式)	(9)	gym 体育馆	(15)
	(9)	taught 教 (teach的过去式)	(15)
science 科学	(10)		(15)
temperature 温度	(10)	throw 扔; 抛	(15)
outside 在外面	(10)	catch 接住	(15)
degree 度; 度数	(10)	ouch 哎哟	(15)
water 水	(10)	heavy 重的	(15)
now 现在	(10)	net 网	(15)
zero 零	(10)	light 轻的	(15)
help out at home 在家帮忙	(11)	easily 容易地	(15)
	(11)	hit 击; 打	(15)
clean 打扫; 干净的	(11)	game 比赛; 游戏	(16)
done 完成的	(11)	player 运动员	(16)
blackboard 黑板	(11)	team 队	(16)
		evening 晚上; 傍晚	(16)
		policeman 警察	(16)
		jump 跳跃	(16)
basketball 篮球	(13)	up 上; 向上	(16)
sport 运动	(13)	down 下; 向下	(16)
football 足球	(13)	up and down 上上下下	(16)

Unit 3

shout 呼喊, 喊叫	(16)	minute 分钟	(21)
won 赢; 获胜 (win的过去式)	(17)	hour 小时	(21)
against 和……比赛	(17)	early 早的	(22)
hard 努力地; 费劲地	(17)	right 正确的	(22)
cheer 欢呼	(17)	glad 乐意的; 高兴的	(22)
		hear 听; 听见	(22)

Unit 4

how 怎样; 如何; 多少, 多么	(19)	spend 度过; 花费	(22)
how often 多久	(19)	be 逗留, 呆; 持续; 是	(22)
twice 两次	(19)	right now 现在	(22)
away 离开	(19)	lie 谎言; 说谎	(23)
before 在……之前	(20)	George 乔治 (男子名)	(23)
after 在……之后	(20)	cherry 樱桃; 樱桃树	(23)
morning 上午; 早晨	(20)	axe 斧子	(23)
strong 坚固的; 强壮的	(20)	cut 砍; 切	(23)
healthy 健康的	(20)	poor 可怜的; 不幸的;	
face 脸	(20)	贫穷的	(23)
exercise 锻炼	(21)	afraid 害怕的	(23)
		cry 哭; 叫喊	(23)
		truth 事实	(23)
		honest 诚实的	(23)
		important 重要的	(23)

Vocabulary

(注：黑体词为要求听懂、会说、认读和书写的词汇)

A

afraid	害怕的	(23)
after	在……之后	(20)
against	和……比赛	(17)
airport	机场	(1)
always	一直；总是	(7)
any	一些	(13)
around	到处，四处；周围	(2)
away	离开	(19)
axe	斧子	(23)

B

ball	球	(13)
basketball	篮球	(13)
bathroom	浴室	(2)
be	逗留，呆；持续；是	(22)
bedroom	卧室	(2)
before	在……之前	(20)
blackboard	黑板	(11)
breakfast	早餐	(3)
but	但是	(8)

C

came	来 (come的过去式)	(9)
carrot	胡萝卜	(4)
catch	接住	(15)
cheer	欢呼	(17)
cherry	樱桃；樱桃树	(23)
clean	打扫；干净的	(11)
clock	钟；时钟	(1)
cry	哭；叫喊	(23)
cut	砍；切	(23)

D

degree	度；度数	(10)
dinner	晚餐	(4)
dirty	脏的	(4)
dollar	美元	(14)
done	完成的	(11)
down	下；向下	(16)
driver	司机	(7)
dry	擦干；干的	(4)

E

early	早的	(22)
easily	容易地	(15)
evening	晚上; 傍晚	(16)
excited	兴奋的	(8)
exercise	锻炼	(21)

F

face	脸	(20)
floor	楼层; 地板	(2)
football	足球	(13)
fridge	冰箱	(3)

G

game	比赛; 游戏	(16)
George	乔治 (男子名)	(23)
get off	下车	(8)
glad	乐意的; 高兴的	(22)
grade	年级	(8)
gym	体育馆	(15)

H

half	一半; 半	(1)
hard	努力地; 费劲地	(17)
healthy	健康的	(20)
hear	听; 听见	(22)
heavy	重的	(15)
help out at home	在家帮忙	(11)
him	他 (he的宾格形式)	(1)
hit	击; 打	(15)
honest	诚实的	(23)

hour 小时 (21)

how 怎样; 如何; 多少, 多么 (19)

how often 多久 (19)

I

ice hockey 冰球 (13)

important 重要的 (23)

J

jump 跳跃 (16)

K

kitchen 厨房 (2)

L

learn 学, 学习 (1)

lie 谎言; 说谎 (23)

light 轻的 (15)

living room 客厅 (2)

M

milk 牛奶 (3)

minute 分钟 (21)

morning 上午; 早晨 (20)

Ms. 女士 (7)

N

net 网 (15)

never 从不, 从未; 决不 (7)

newspaper 报纸 (5)

now 现在 (10)

O

often	时常；经常	(7)
or	或；或者	(14)
other	其他的	(8)
ouch	哎哟	(15)
outside	在外面	(10)

P

past	晚于；过	(1)
Peter	彼得（男子名）	(9)
player	运动员	(16)
policeman	警察	(16)
poor	可怜的；不幸的； 贫穷的	(23)

Q

question	问题	(9)
-----------------	----	-------

R

ride	骑；乘	(7)
right now	现在	(22)
right	正确的	(22)

S

science	科学	(10)
Scott	斯科特（姓氏）	(7)
shout	呼喊，喊叫	(16)
sometimes	有时	(7)
spend	度过；花费	(22)
sport	运动	(13)
strong	坚固的；强壮的	(20)

study	书房；学习	(2)
--------------	-------	-------

T

taught	教（teach的过去式）	(15)
teach	教	(13)
team	队	(16)
temperature	温度	(10)
them	他们（they的宾格形式）	(3)
think	想；认为	(13)
throw	扔；抛	(15)
toilet	马桶；厕所	(2)
truth	事实	(23)
twice	两次	(19)

U

up	上；向上	(16)
up and down	上上下下	(16)

V

vegetable	蔬菜	(4)
------------------	----	-------

W

watch	观看	(5)
water	水	(10)
won	赢；获胜（win的过去式）	(17)

Z

zero	零	(10)
-------------	---	------