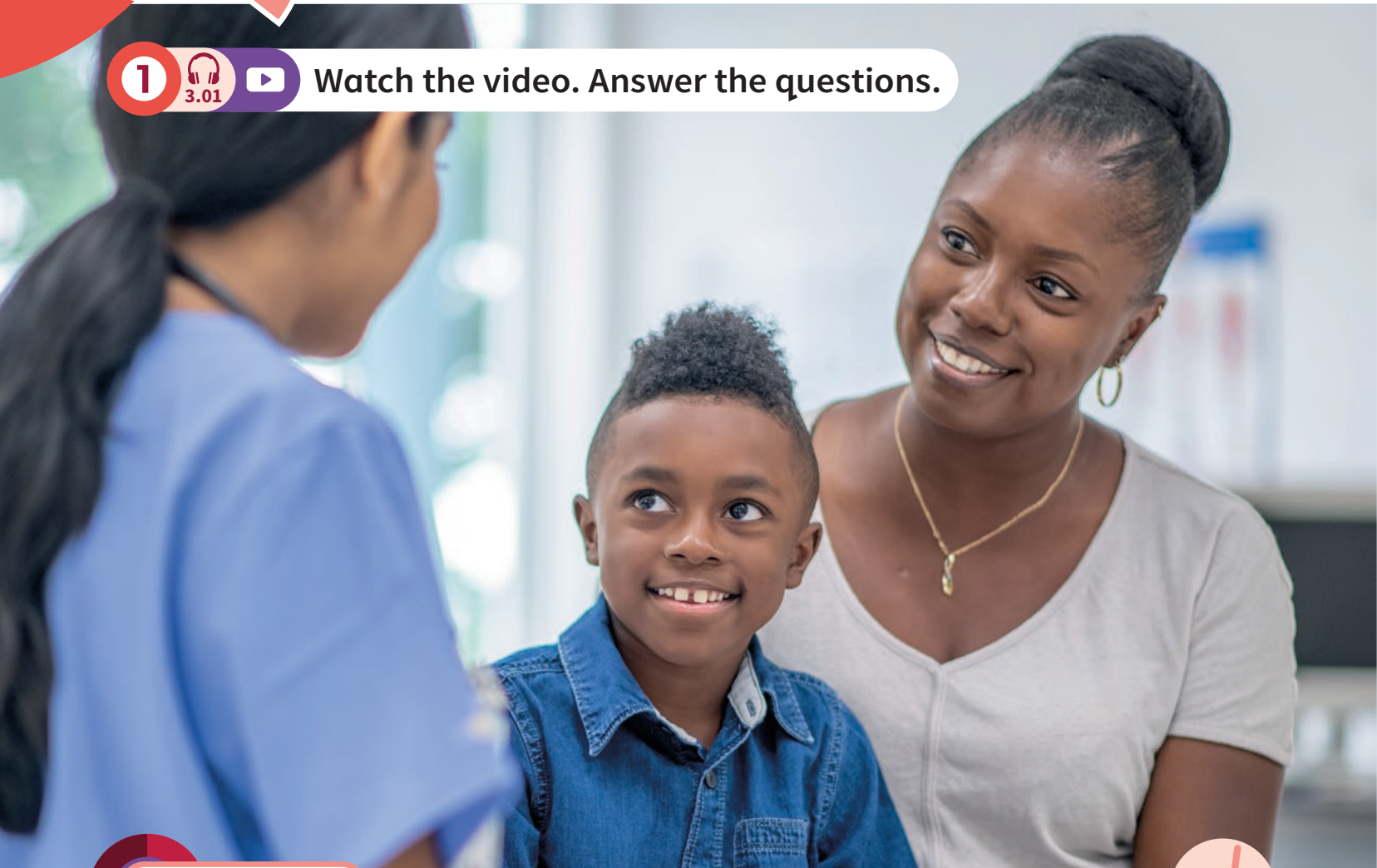


# 3

# A healthy body

1  3.01  Watch the video. Answer the questions.



**mission** Make a health plan 

2 How do you stay healthy?



go to the doctor



do yoga



drink water

1  3.02 Listen. How did Ivan cut his finger?

Diversicus is in Indonesia. This morning Ivan is doing exercise on the beach. The children are watching him.



2   3.03 Watch the video. Say the chant.

3  3.04 Listen and say *yes* or *no*.

4  Write two sentences about the picture.

---



---



Watch the video. Which is the biggest river in the world?

**1** Which is the highest mountain in Indonesia?

Puncak Jaya. It's the highest mountain on an island in the world.

Is it as high as Everest?

**2** No, it isn't. Everest is the highest mountain in the world. Now, which is the longest river in the world?

The Nile, but it isn't the biggest.

What?

**3** The Nile isn't as big as the Amazon River because the Amazon carries more water.

Can Ivan swim down the Amazon? He is the strongest man in the world.

**4** Miguel, do you think Ivan is the strongest man in the world?

Well, he's stronger than all the acrobats in Diversicus, so he's the strongest man here.

**5** Look, Ivan is the strongest acrobat.

But Marc is the best catcher and Lily is the best jumper.

**6** This is more exciting than watching the others.

OK, but be careful, Jenny!

Look, Dad! Jenny is taller than you now!

**7** And now the most famous footballer, Pablo, is running to kick the ball ...

Stop, Pablo! You can't play football with that! It's one of my weights.

**8** Later ...

Ivan, I'm not as tall as you, I'm not as strong as you, but now my toe's as big as yours.

**2** What does each acrobat add to the circus? Make a list.

1



Watch the video. Then match.

## Rose's Grammar

- I'm **not as fast as** her.
- Rose's **taller than** Jenny.
- Ivan's **the strongest** person here.

a



b



c



2

Read and complete with *tall, taller or tallest*.

- Ivan's the \_\_\_\_\_ person in Diversicus.
- Rose's \_\_\_\_\_ than Jenny.
- Jenny isn't as \_\_\_\_\_ as Rose.
- Ivan's as \_\_\_\_\_ as a tree.



3



Read and choose.

- The Nile is the longest river in the world, but it isn't as big as the Amazon.
- Jack thinks basketball's \_\_\_\_\_ sport in the world.
- Do you think running is \_\_\_\_\_ than skating?

## mission 1

Make a health plan

Choose three types of exercise. Say why you chose them.

dangerous   difficult   easy  
fast   good   healthy   slow

I chose basketball because it's **faster than** yoga.





Listen and match. Then sing the song.

They're all sick,  
They're all ill.  
They're all ill,  
They're all sick.  
Doctor, Doctor,  
Please be quick!

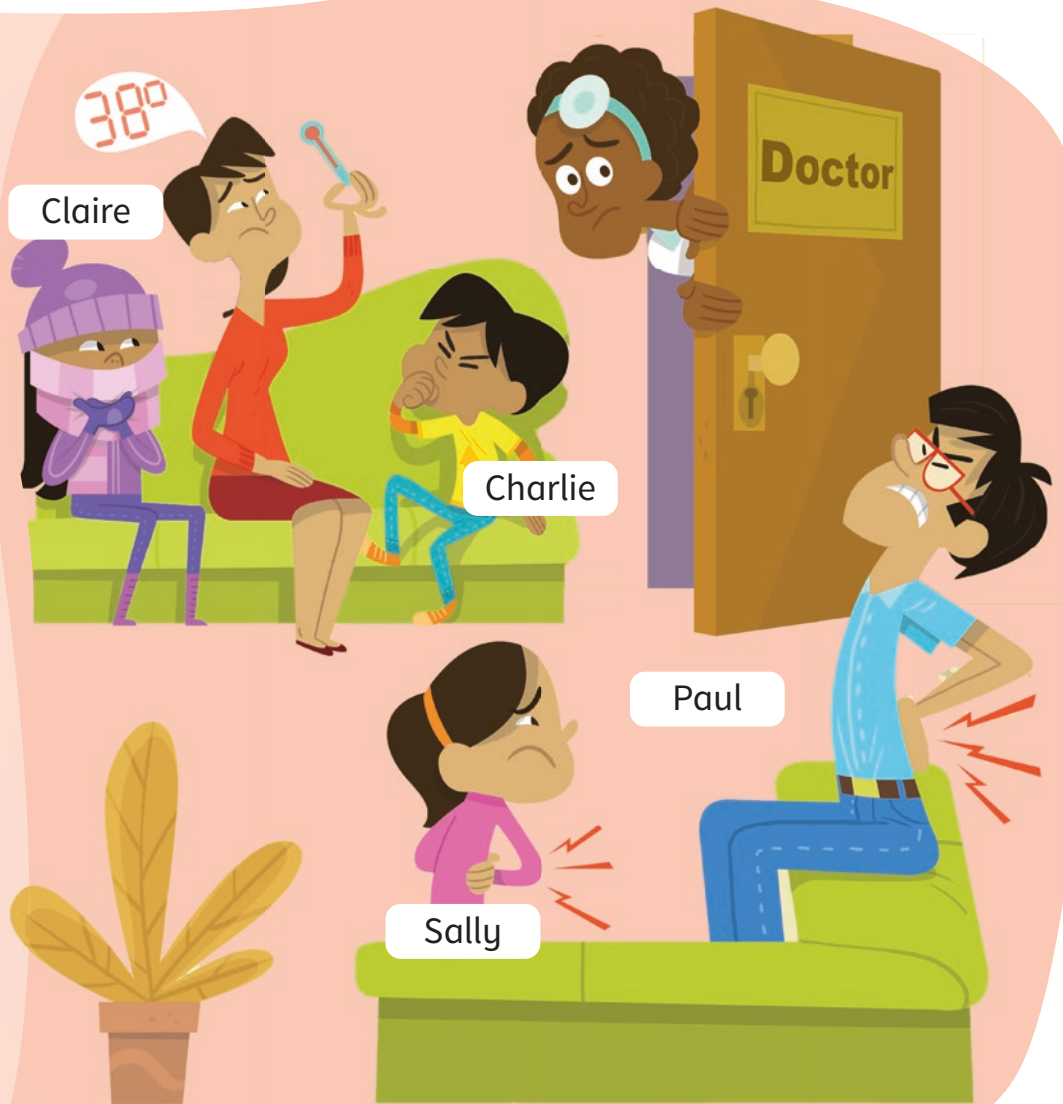
What's the problem?  
What's the matter?  
What's the problem?  
What's the matter?

He's got a **cough**  
And a **temperature**,  
She's got a **sore throat**  
And a **cold**.

**Chorus**

My back hurts.  
I've got a **backache**.  
My stomach hurts.  
Ooh **stomach-ache**.

**Chorus**



2 Play the guessing game. Ask and answer.

- Does your head hurt? No, it doesn't.
- Does your back hurt? Yes, it does.
- You've got backache. Yes, that's right.

What do you do when you feel ill?



Listen. Write the words.

1



3.10

Listen or watch. What does Jim want to do?

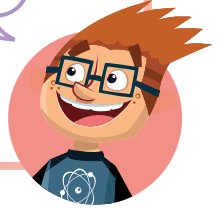


## Ivan Investigates

What do you want to do?

You **need to** sit down and drink a glass of water.

I want to ... but I've got a headache.



2



3.11

Listen again and match.

- |   |                 |   |                                      |
|---|-----------------|---|--------------------------------------|
| 1 | I want to       | a | sit down and drink a glass of water. |
| 2 | You need to     | b | be ill.                              |
| 3 | I don't want to | c | dance a lot.                         |

3

Complete the sentences with *want to* or *need to*.

- |   |  |                            |
|---|--|----------------------------|
| 1 | I <u>want to</u> play but I've got a cold.         | You _____ rest.            |
| 2 | I _____ sing but I've got a sore throat.           | You _____ drink water.     |
| 3 | I _____ go to the park but I've got a temperature. | You _____ go to the doctor |

## mission 2

## Make a health plan

Think and write. What do you need to do to stay healthy? What do you want to do?

## Need to

- I need to rest and drink lots of water when I feel ill.



## Want to

- I want to go running.



# Work your body

**1**   Watch the video. Then read the text. Answer the questions.

Did you know there are over 200 bones in our bodies? Bones shape our body and hold us together. Between each bone we have a joint. Joints help us to move. It's important to protect our bones and joints, especially when we're doing sports and other activities.

**2** Match the parts of the body to the bones and joints.

<b>1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 	<b>5</b> 	<b>6</b> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
shoulder	elbow	wrist	hip	knee	ankle

<b>a</b> 	<b>b</b> 	<b>c</b> 	<b>d</b> 	<b>e</b> 	<b>f</b> 
---	---	---	--	---	---

**3** Look at the joints in Activity 2. What actions are they important for? Discuss with a partner.

The shoulder is important for throwing and carrying things.

**4** Look and match the sports to the protective equipment. Which parts of the body do they protect?

skiing  horse riding  skating  swimming  riding a bike

<b>a</b> 	<b>b</b> 	<b>c</b> 	<b>d</b> 	<b>e</b> 
helmet	swimming goggles	knee and elbow pads	boots	goggles

1 What exercises can make our body and joints stronger? Talk to a partner.

2  Listen and read. Then follow the instructions with a partner.

## YOGA

### Welcome to Bali, Indonesia!



On this beautiful island, yoga is very important. The people here use it to exercise and stay healthy. It's a great way to stretch your body and make your joints and muscles strong. At our centre, you can do yoga in our relaxing rooms, in the sunny garden, or on the beach! Here are a few moves we practise. Why don't you try them?

#### TREE POSE

Stand on one leg. Bend the other knee and put your foot on your other leg. Put your hands together above your head. Hold the position for ten seconds and breathe.



#### FLOWER POSE

Sit on the floor. Bend your legs. Put one foot on top of the other. Put your hands on your knees and close your eyes. Hold the position for ten seconds and breathe.



#### CHILD'S POSE

Kneel on the floor and sit back on your feet. Bring your head down to rest on the floor. Stretch your arms out in front of you. Hold the position for ten seconds and breathe.



3 Look at the picture. Tell your partner how to do the pose using the words in the box.

stand turn raise bend stretch

Let's do the warrior pose.

Yes! First, **stand** with one leg in front of the other.



## mission 3

Make a health plan

Think about ways to relax. Add them to your health plan.

Breathe slowly to keep calm.

Get lots of rest to have energy the next day.

My Mission Diary  
Activity Book page 30





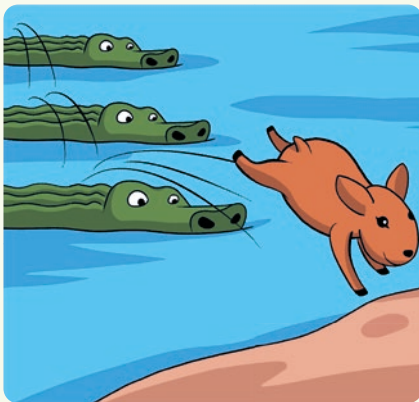
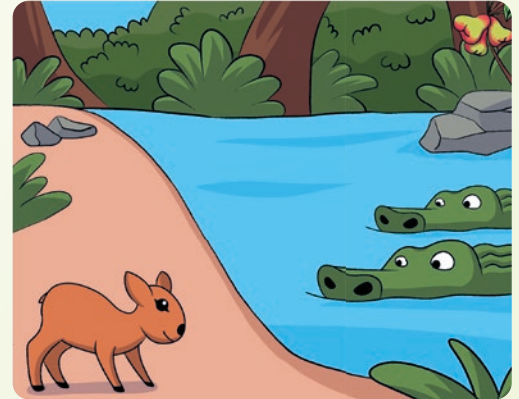
Listen and read. What does Kancil want to eat?

## Kancil's clever plan

**Narrator:** This is a story from Indonesia about a clever mouse deer named Kancil.

**Kancil:** I really want to eat those water apples. But how do I cross the river with those big, hungry crocodiles? I know! I'll trick them.

Hello, Crocodiles! The Queen of the Forest is having a party today. I need to count the number of crocodiles who want to go. Can you please make a line in the river? Then I can hop on your backs and count you.



**Crocodile 1:** Yum! I'm hungry and I want to eat you, But ... I also want to go to the party!

**Crocodile 2:** Me too!

**Narrator:** The crocodiles make a line across the river because they want to go to the Queen's party. Clever Kancil starts jumping on their backs to cross the river.

**Kancil:** One, two, three...

**Narrator:** Kancil reaches the other side of the river and grabs a water apple from the tree.

**Kancil:** Thank you for your help, Crocodiles!

**Crocodile 1:** Oh, no! Kancil tricked us!

**Crocodile 2:** I didn't want to help you but I want to go to the Queen's party. Please, Kancil?

**Kancil:** You want to go the party but you also want to eat me. You need to stop! We need to be friends.

**Narrator:** The lesson of this story: you don't need to be the biggest animal to be the cleverest animal.

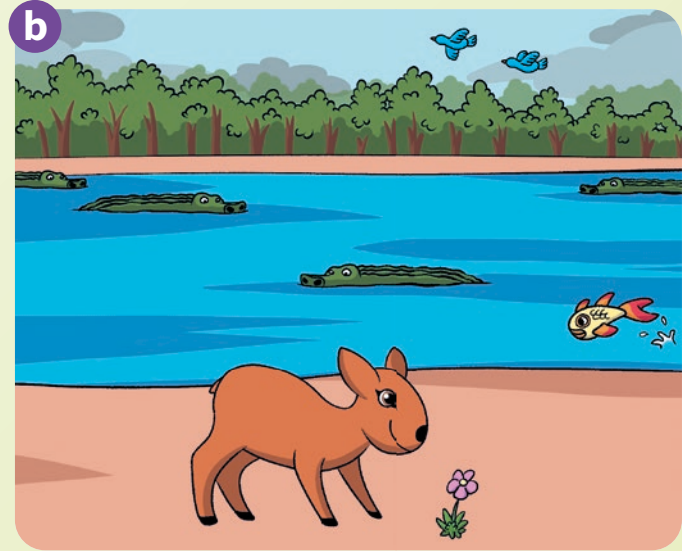
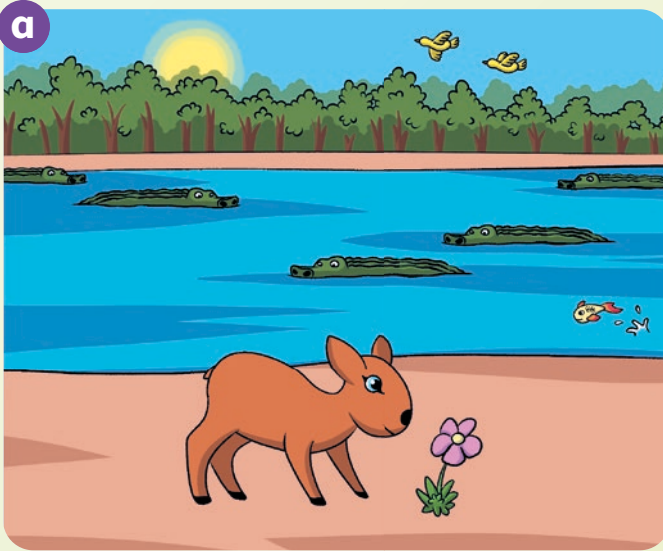


2 Think of other ways to help Kancil cross the river.

1



Find the differences. Compare the pictures with a partner.



The flower in picture a is bigger than the flower in picture b.

2



Complete the sentences about the story. Write 1, 2 or 3 words.

backs

be the cleverest

line

need to

want to

wants to

- 1 Kancil wants to cross the river to eat water apples.
- 2 All the crocodiles \_\_\_\_\_ go to the Queen's party.
- 3 Kancil tells the crocodiles to make a \_\_\_\_\_ across the river.
- 4 Kancil jumps on the \_\_\_\_\_ of crocodiles to cross the river.
- 5 The crocodiles and Kancil \_\_\_\_\_ be friends.
- 6 The lesson of the story is a small animal can \_\_\_\_\_.

3

Is it better to be strong or clever? Talk with a partner and find examples in the story.

1 Complete the table. Then add more words to the list.

boot catch clever

Singular words	Plural words	Description words	Action words
an arm	arms	strong	_____
_____	boots	tall	jump
a mouse	mice	_____	run

2 Choose the correct words to complete the sentences.

- I had a headache this morning, but it **don't** / **doesn't** hurt now.
- I look after my **body** / **bodies** by exercising every day.
- Our shoes are **between** / **in** the cupboard.
- My mum **has** / **have** got a backache.
- We went to **their** / **they're** house for breakfast.
- My friend has got longer arms **then** / **than** me.

3 Read. Then choose the right words to complete the sentences.

Legs

Before they walk, young children learn to move around  
 1 \_\_\_\_\_ **on** \_\_\_\_\_ their hands and knees.

on in at

A horse has got four legs. Snakes 2 \_\_\_\_\_ got  
 any legs but they've got long bodies!

have haven't had

Legs can help us to jump or 3 \_\_\_\_\_, for  
 example, when we need to catch a bus.

ran running run

When you play a sport you sometimes hurt your knee  
 or foot. If it's very sore, don't worry 4 \_\_\_\_\_ a  
 doctor in a hospital can make you feel better.

because and but

Most people have two legs, two knees, two  
 feet and ten toes. Did you know that there  
 are 52 bones in our feet? Are you surprised?



**Tip!** In the exam, pick the correct word from the options given.

# mission in action!

## 1 Make a health plan.



1

Design a heading.



2

Write ways to stay healthy.



3

Add information about the plants.



4

Draw two ways to relax.

## 2 Present your partner's health plan.

1 Talk about the activities in your partner's health plan. Compare them with your plan.

To stay healthy, Sara plays basketball. She thinks basketball's **the best** sport.



Hana **needs to** do yoga to stay healthy. She likes yoga because it's **more relaxing** than playing football.

2 Try the plan. Review it.

Basketball is **as exciting as** yoga! I had fun!

» Go to page 121

Remember the grammar from Unit 3

# Units 1 – 3



- 1 Watch the video and do the quiz.
- 2 3.15 What do they need? Listen and choose.

1

a

b

c

3

a

b

c

2

a

b

c

4

a

b

c

- 3 Play the game with a partner. Choose a square. Your partner makes a sentence with that word and language from the box.

highest biggest longest strongest best clever as...as more exciting

Number 2 – mountain.

Mount Teide is the highest mountain in Spain.

<p>1</p> <p>me</p>	<p>4</p> <p>cinema</p>	<p>7</p> <p>dancer</p>	<p>10</p> <p>river</p>
<p>2</p> <p>mountain</p>	<p>5</p> <p>a shop</p>	<p>8</p> <p>English</p>	<p>11</p> <p>lake</p>
<p>3</p> <p>kangaroo</p>	<p>6</p> <p>milkshake</p>	<p>9</p> <p>jump</p>	<p>12</p> <p>my friend</p>

**1**  Look, read and match.




**a** At eight o'clock we woke up.

**b** At half past nine Dad arrived home.

**c** At ten o'clock Mum drove to the countryside.

**d** At twelve o'clock, Dad made noodles with sauce.

**2**  Make a list of things you *could* and *couldn't* do in the past. Ask and answer.

 When I was two, I could dance.  
When I was five, I could ride a bike.

Could you skate when you were four?

No, I couldn't skate when I was four. But I could dance!

**3** Can you remember? Ask and answer.

- 1 What couldn't Jim do when he was four?
- 2 Name three dairy foods.
- 3 What protective equipment do you need to wear when you ride a bike?