LESSON 10

06.04 - 07.04.2020

SUBJECT: The truth about food

Dzisiaj pracujemy na powyższej str (książka str 51 i 52):

I can use future time clauses to talk about future plans, predictions and conditions

- In pairs, discuss whether you think the sentences are true or false. Then read The truth about food and check your ideas.
 - 1 Carrots are better for your eyes than other vegetables.
 - 2 Bananas give you more energy than sugar.
 - 3 Breakfast is just as important as lunch and dinner

MORE TRUTH ABOUT FOOD



Do you know the expression: 'If you "Il eat leat fish, you 2 are / 11 be more intelligent'? Well, fish is certainly good for you, and it contains Omega 3 which is important for the brain. But fish won't make you more intelligent unless you 3 also study / 1/l also

Some people say you'll live longer if you "Il eat / eat chocolate. In fact, dark chocolate can be good for you. However, you won't live longer unless you have /'ll have a healthy lifestyle and long living genes.





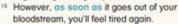
My granny used to say: 'As long as you "Il eat / eat garlic, you "won't get / don't get a cold!" She was wrong. When you #1/l cook / cook with garlic, you'll certainly add flavour - however, garlic won't prevent olds because colds are caused by viruses.

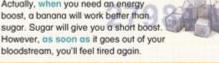
THE TRUTH ABOUT FOOD



Has anybody ever said to you 'If you eat your carrots, you'll have better eyesight'? Well it's not really true. Carrots contain Vitamin A and this is important for healthy eyes. But lots of different fruit and vegetables contain Vitamin A. As long as you have a balanced diet, you'll get all the vitamins you need.

Another common belief is that you'll get more energy if you eat sugar. Actually, when you need an energy boost, a banana will work better than







Some people think that missing breakfast can help you lose weight. In fact, if you don't have a good breakfast, you'll probably feel hungry by midmorning and eat fattening snacks. You won't lose weight successfully unles you eat three healthy meals a day.

- 2 Look at the sentences in the text with the conjunction in blue. Answer the questions.
 - 1 Are the sentences about past, present or future events?
 - 2 Which tense do you use after the conjunction?
 - 3 Can you put the conjunction at the beginning as well as in the middle of the sentence?
- 3 Read the GRAMMAR FOCUS and check your answers in Exercise 2.

- Choose an appropriate conjunction to complete the sentences. In each case, decide who is speaking: a parent (P) or a child (C)?
 - 1 You won't get any ice cream when / if /untilyou finish your vegetables.
- As soon as / Unless / Before this programme finishes, I promise I'll do my homework.
- 3 I'll lend you money unless / as long as / until you pay me back.
- 4 Unless / If / As long as you do some revision, you won't pass your exams.
- 5 Will you call me as soon as / if / until you get there?
- 6 We'll get a dog before / when / if you promise to look after it.
- Complete the text with appropriate verb forms. Will you do similar things today after school?

-	As soon as I get h	ome today
	As soon sell net	(ant) han

PO 20011 02 1	190	the read	y, .	frake) a strack
Then, if there	, 1	(not be) anyb	ody at home I	4(watch)
television for	a bit. Howe	ever, if my par	ents ⁵	(be) at home,
14(go) to my ro	om. In my roo	om, I'll switch o	on my computer
and 17	(probabl	y/listen) to m	usic unless my	friends 8
(be) online. It	my friends	9(be	e) online, I 10_	(chat) with
them. When	11	(finish) chatti	ing, it ¹²	(probably/be)
time for dinn	er. Finally, it	there 13	(not be) a	nything else to
do, 1 14	(dal m.	haman mide		

GRAMMAR FOCUS

Future time clauses

When you are talking about the future, you use the present tense after the conjunctions if, when, unless, before, after, until, as soon as and as long as.

As long as you have a balanced diet, you'll get all the vitamins you need.

You won't lose weight successfully unless you eat three healthy meals a day.

- Complete the sentences with your own ideas. Then compare with a partner.
 - 1 When school finishes today, ... When school finishes today, I'll go for a bike ride.
 - 2 If it's raining at the weekend, ..
 - 3 I'll always live in this area as long as
 - 4 I'll stop studying English as soon as ... 5 I probably won't get a job until ...

Grammar Focus page 119

SUBJECT: The truth about food

Dzisiaj pracujemy na powyższej str (książka str 52):

	Matching	EXAM FOCUS Matching
1 2	they show healthy or unhealthy diets. Take the Healthy Diet Test and compare your answers with a partner.	5 GD-2-24 MP3-69 Listen to four people talking about their diets. Match statements A-E with speakers 1-4. There is one extra statement. Speaker 1: Speaker 2: Speaker 3: Speaker 4:
	The Healthy Diet Test Remember, the more ticks you get, the healthier you are!	The speaker's diet A is based on fresh local produce. B doesn't involve any cooking. C used to include lots of sweet things. D is based on Mediterranean produce. E changed when he/she was thirteen.
0	I don't eat too much salt (e.g. in crisps and fast food).	6 GD2-24 MP3-69 Answer the questions. Is it speaker 1, 2, 3 or 4? Listen again and check. a Who couldn't become a vegetarian?
	2 I don't eat too much sugar (e.g. in sweets and fizzy drinks). 3 I am not a fussy eater.	b Who has a lot of energy? c Who supports animal rights? d Who rarely eats with his/her family? e Who doesn't use animal products? f Who has tried to give up eating dessert? 7 Answer the questions in Exercise 6 about you
	4 I have a balanced diet – I eat a variety of different kinds of fresh food.	family and friends. Compare your answers with a partner. PRONUNCIATION FOCUS
_	5 I eat fish at least once a week.	8 CD-2.25 MP3-70 Listen and repeat the words. Notice that the green vowels have the same sound in each group.
	6 I don't eat red meat more than three times a week. 7 I feel well – I have	1 coffee orange cauliflower 2 beef beans 3 grapes cakes 4 banana avocado 5 cabbage spinach
	plenty of energy. 8 I look well – my skin and my hair look healthy.	9 CD-2.26 MP3-71 Add the words in the box to the correct group in Exercise 8. Then listen, check and repeat. Cauliflower lettuce potato sardines tomato

- 3 @DZZZS MP3-68 Listen to a nutritionist giving advice. Which statement in the Healthy Diet Test does she not mention at all?
- 4 The nutritionist says 'A healthy meal is a colourful one'. How many different coloured fruit and vegetables can you think of? In pairs, make a list.

Yellow: banana, lemon, oorn, ... Orange: mango, carrots, ... 10 CD-2.27 MP3-72 Complete WORD STORE 4E. In each case, put a tick to show which adjectives collocate with the nouns. Then listen, check and repeat. Lesson 12 Subject: Easter

Proszę obejrzeć i zrobić poniższe quizy i zdjęciem wysłać mi wyniki:

https://en.islcollective.com/video-lessons/the-easter-bunny

https://en.islcollective.com/video-lessons/british-easter-traditions-1

Zad. 1.

Masz 5 kategorii, wpisz do nich wyrazy z ramki oraz dopisz 5 innych wyrazów.

Zad 2. Odpowiedz na pytania: (będziemy o tym rozmawiać na lekcji na Discordzie)

Zad. 3 Przeczytaj tekst i wybierz właściwa alternatywę.

Zad 4. Co to znaczy: Fussy eaters? I Czy ty byłaś Fussy eaters kiedy byłaś dzieckiem. Co lubiłaś jeść a czego nie. (będziemy o tym rozmawiać na lekcji na Discordzie)

Homework:

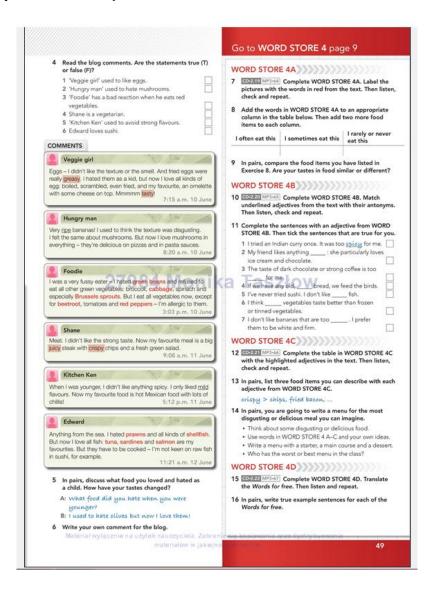
Ćwiczeniówka str 50

LESSON 8

30.03 - 03.04.2020

SUBJECT: Food- słownictwo

Dzisiaj pracujemy ze str 49 w książce.



Zad 4.Przeczytaj i zaznacz True/ False

Zad 11 Uzupełnij tekst przymiotnikiem.

Homework:

Ćwiczeniówka str 51

SUBJECT: Food- Jedzenie Spotkanie na Discordzie

Bardzo proszę być obecnym na platformie Discord w piątek o godzinie 12.00. sprawdzimy wtedy tydzień pracy. Proszę przygotować odpowiedzi do zadań.