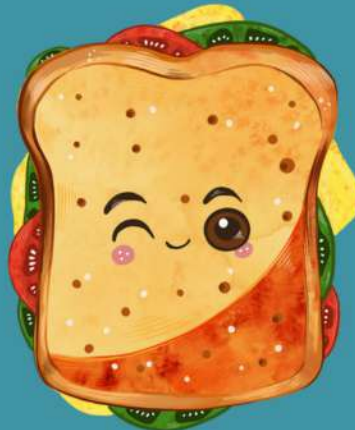


Super English

Level 4 - Unit 6
Food - Lesson 3



Vocabulary



Food - Vocabulary



grains: small, hard seeds from plants that are good for us to eat (noun)



Grains like rice and wheat are healthy foods.

Food - Vocabulary



carbohydrates (carbs): a part of food that gives us energy to play and learn (noun)



Bread has **carbohydrates** that give us energy.

Food - Vocabulary



field: a big, open space with grass or plants (noun)



We found a big **field** to have a picnic.

Food - Vocabulary

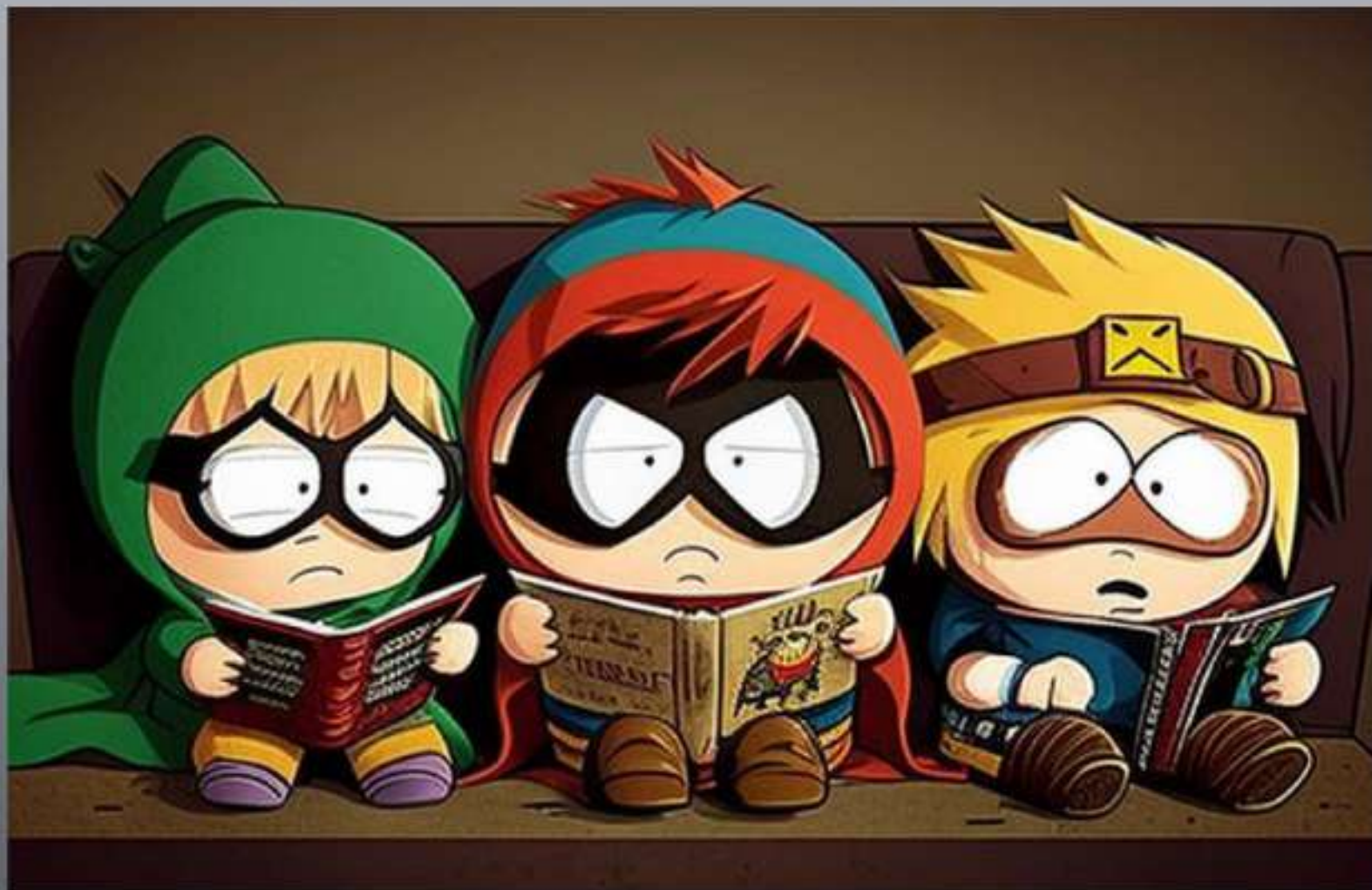


feast: a large, special meal with lots of food to enjoy (noun)



Grandma cooked a **feast** for the whole family to enjoy.

Let's Read!



Healthy Foods



Once upon a time, a group of friends heard about the great Grain Castle. They decided to go on a big adventure to find it. With their backpacks ready, they set off on their journey, eager to learn about the magical world of grains.



Healthy Foods



As they started their journey, they met a wise owl who told them about the power of grains. The owl taught them about rice, oats, and quinoa (keen-wah), and how grains are full of carbohydrates and give us energy.

Healthy Foods



The friends continued their adventure, excited to learn more. They found a **field** of golden rice where a friendly shorebird walked around. They learned that rice could be part of many tasty meals.



Healthy Foods



Next, they discovered a big field of oats, where a playful horse was grazing. They played in the field and learned that oats are good for making breakfast foods like oatmeal and granola.

Healthy Foods



Finally, they reached a beautiful field of quinoa, where a gentle llama roamed. They learned that quinoa is a special grain that can be eaten in salads, soups, or as a side dish.



Healthy Foods



At last, the friends arrived at the Grain Castle. They were amazed by its beauty and the delicious smell of grain-based meals. They joined a grand **feast** with rice, oats, and quinoa dishes, celebrating their journey and new knowledge.

Let's do Grammar!



Present Simple and Continuous

Present Simple
Habits or Regular Actions

I **often play** at the park.

I **go** to school at 7:00 am
on weekdays.



Present Continuous
happening now or around now

She **is studying** today.

I **am traveling** in America
this week.



Phonics



Long A

Complete the words with "ai" or "ay"

r_____lw_____

f_____rw_____

displ_____

br_____ny

rem_____n

tod_____

expl_____n

dism_____

compl_____n

betr_____

det_____l

rel_____

Super English

See you
Next time!

