

CONTENTS

Welcome to Think and Write 4

Guide to Think and Write 5

Unit 1

Food I Eat 8

Topic Reading: The Problem with Ice Cream

Personal Reading: Good Food and Bad Food

Practice Writing

Unit 2

Aspirations 14

Topic Reading: Confident Women in America

Personal Reading: What I Want to Be

Practice Writing

Unit 3

The Best Performance Ever 20

Topic Reading: How Long did they Love?

Personal Reading: My First Opera

Practice Writing

Unit 4

Ideas about Recycling 26

Topic Reading: Some Harmful Chemicals We Use Everyday

Personal Reading: Shocking News

Practice Writing

Unit 5

Being Close 32

Topic Reading: Hugs

Personal Reading: Grandpa and I

Practice Writing

Unit 6

Lovely Animals 38

Topic Reading: Standing Sleep

Personal Reading: Snow Flake

Practice Writing

Unit 7

Favorite Scents 44

Topic Reading: Where does Perfume Come From?

Personal Reading: Perfume for Cindy

Practice Writing

Unit 8

Sports and Activities 50

Topic Reading: Electronic Sports

Personal Reading: A New Game CD

Practice Writing

Warm-Up Discussion

1. What foods do you like?
2. Have you ever read the ingredient labels on cans or packets of food?
3. What are some junk foods that you should eat less of?

1. Topic Reading

The Problem with Ice Cream



Baskin Robbins is the biggest ice cream store franchise in the world. Cousins Burt Baskin and Irv Robbins opened their first ice cream store in 1945. They opened many more ice cream stores after that.

Burt Baskin died at a young age. His nephew, John Robbins, **found out** that his uncle died because he often ate ice cream as a main meal. Too much ice cream caused him to have a **heart attack**.

After he found this out, John decided not to sell ice cream. He left home and stopped **earning** money from ice cream. Now, John writes books about diet and health. He even became a **vegetarian** to stay away from **processed food**.

On a TV show, John said ice cream is not good for our health. It can cause heart disease, high cholesterol, high blood pressure, and diabetes. It is processed food with a lot of fats and oils. He feels that people should find out about the **ingredients** of the food they are eating. He says, "People should know what kinds of foods are good for health." To live a healthier life, we should read what our foods are made of by reading the ingredient lists on food cans and packets.

A Reading Comprehension

>> Circle the best words.

- 1 This story tells us about not eating bad food / ice cream stores / TV shows .
- 2 Burt Baskin ate ice cream as a main meal / only for desert / once a week .
- 3 Eating too much salad / fat and oil / fruit can cause bad health.

B Vocabulary Practice

» Match the words with the right definitions.

1 e find out

2 ___ heart attack

3 ___ earn

4 ___ vegetarian

5 ___ processed food

6 ___ food ingredients

a someone who does not eat meat or fish

b food that is not natural and is mixed with other food and chemicals in factories

c gain by making an effort or working

d what food is made of

e discover by looking or asking questions

f a disease that stops the heart

» Complete the sentences with the words above. Change the form if necessary.

1 I shouldn't eat processed food.

2 She is a _____. She doesn't eat hamburgers or steaks.

3 My grandfather passed away because of a _____.

4 Mom usually checks the _____ before she buys something.

5 I _____ why my sister was angry with me.

6 He wanted to _____ a lot of money to buy a sports car.

C Summary

» Use the words below to complete the summary.

ice cream earning junk ingredients healthier
write books fats and oils find out diseases

It is easy to eat delicious food like ice cream. However, eating too much _____ food can cause bad health and sometimes _____. One man gave up his successful ice cream company and wrote books about good food. He says we should _____ about the _____ of food by reading the labels on food cans and packets. He says we should not eat processed food because it has a lot of _____.

2. Personal Reading

Good Food and Bad Food

I usually like ice cream and fast food. This afternoon I had a snack of potato chips and mint chocolate ice cream. It was so delicious.

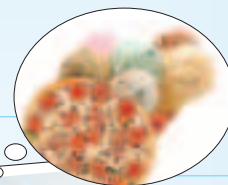
Later, Mom was too tired to cook. We ordered pizza for dinner.

After dinner, we sat on the sofa and watched TV.

There was a TV program about how bad 'junk food' is. There were many people who said they should have eaten better food because they now have junk food-related illnesses. Some people died at a young age because they ate bad food.

Mom was so surprised. She said we shouldn't eat junk foods like pizza ever again. I realized that I usually eat bad snack foods. I decided not to eat fatty junk food anymore. Mom said she will try hard to make healthy food for our family so that we stay healthy and well.

Eating too many fatty foods is not good for you. Junk food makes our health worse and worse. I want to be a healthy girl and live a long and happy life.



Jenny

A Reading Comprehension

>> Circle the best words.

- Jenny ate potato chips and ice cream for **a snack / dinner / breakfast** .
- Mom ordered pizza because **we had a party / she was tired / she likes pizza** .
- The TV program was about how **bad / salty / delicious** 'junk food' is.
- Many people have **no illnesses / sicknesses / muscles** because of junk food.
- When you're healthy, you can **live a long life / eat junk food / go on TV** .

B Sentence Practice

» Unscramble the words to write the correct sentences.

1 mint chocolate / This afternoon / a snack of / I had / ice cream / .

This afternoon I had a snack of mint chocolate ice cream.

2 sofa / on the / We sat / a movie / and watched / .

3 eaten / He / better food / have / should / .

4 ever again / we shouldn't eat / like pizza / junk foods / She said / .

5 our health / makes / and worse / Junk food / worse / .

C Sentence Correction

» Find the mistakes and correct the sentences below.

1 I eat usually cookies for a snack.

I usually eat cookies for a snack.

2 Mom wants to cooks delicious food.

3 I should have finish my homework.

4 He became a vegetarian that he wouldn't eat meat.

5 I realized that I eat many too snacks during the day.

6 I will trys to do my best at school.

7 They now has a junk food-related illness.



3. Practice Writing

A Personal Focus Questions

» Answer the questions with your own ideas. Write in complete sentences.

1 What do you eat for snacks?

I usually eat cookies for a snack.

2 When do you usually eat snacks?

3 What kind of ice cream do you like?

4 What are some different junk foods?

5 What junk foods do you dislike and why?

6 What vegetables do you dislike and why?

7 Do you ever read labels on the back of food boxes? What are some ingredients you see?

B Writing Starter

» Let's plan our writing for "Food I Eat."

What are some good foods that you eat?



What are some bad foods that you eat?

When was a time you felt sick from eating?


When do you usually eat junk food?

What food will you try in the future?

C My Writing

» Draft Copy: Let's write for "Food I Eat."

Title: _____

 **Peer Check:** Exchange drafts with a partner. Check for and correct any mistakes.

» Revised Copy: Write your revision.

Title: _____

Teacher's Comment

.....

.....

Unit 9	Cellular Phones	56
	Topic Reading: From the First Cellular Phone to the Future Personal Reading: My Present Practice Writing	
Unit 10	My Challenge	62
	Topic Reading: Extreme Sports Personal Reading: New Challenge Practice Writing	
Unit 11	Dream Bedrooms	68
	Topic Reading: Frequencies and Color Therapy Personal Reading: My New Room Practice Writing	
Unit 12	Inventions	74
	Topic Reading: Fathers of the Telephone Personal Reading: A Soapy Invention Practice Writing	
Unit 13	A Special Remedy	80
	Topic Reading: Cabbage in the Cap Personal Reading: Natural Cabbage Remedy Practice Writing	
Unit 14	The Halloween Party	86
	Topic Reading: The Origins of the Jack O'Lantern Personal Reading: Halloween Night Practice Writing	
Unit 15	My Vacation	92
	Topic Reading: Melanin, Sunlight, and Our Skin Color Personal Reading: I went to the Beach Practice Writing	
Unit 16	Weblogs	98
	Topic Reading: Computing Language Personal Reading: My Family Homepage Practice Writing	