

Cuaderno de trabajo DE INGLÉS | 6^o



2021

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CUADERNO DE TRABAJO

Inglés - Sexto grado

Nombre del estudiante

Centro Educativo:

Medidas de prevención por el COVID - 19



LAVA LOS ALIMENTOS
ANTES DE CONSUMIRLOS



DESINFECTA LAS
SUPERFICIES



NO TE TOQUES LA CARA



CUBRE TU NARIZ Y
BOCA



MANTEN LA DISTANCIA Y
EVITA LOS SALUDOS



LAVA TUS MANOS CON
JABÓN FRECUENTEMENTE



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MENSAJE PARA LOS ESTUDIANTES

Apreciado estudiante:

Pensando en ti, para que puedas lograr tus sueños, queremos que sigas aprendiendo. Ahora que estás en casa, aprovecha y comparte con tu familia, escribe historias con tus personajes favoritos, lee todo lo que puedas, imagina un mundo mejor, cuida a los animales, siembra un árbol; en fin, aprovecha el tiempo y trata de ser muy feliz.

¡Te extrañamos! pronto nos veremos, recuerda que es importante que sigas aprendiendo. Para lograrlo, debes desarrollar cada una de las asignaciones y actividades, que han sido elaboradas, especialmente para ti. Trata de hacerlo de forma independiente, si tienes quien te ayude, ¡fabuloso! Pero recuerda, tienes una oportunidad valiosa para que, a través de los libros, puedas conocer el mundo, aprender la magia de los números, viajar con la lectura, analizar la importancia del agua, los beneficios de los árboles, el funcionamiento de nuestro cuerpo y los cuidados que debemos darle.

Eres de gran valor para tu familia y nuestro país, por eso debes cuidar tu salud y seguir las recomendaciones para la prevención de enfermedades.

Pronto volveremos a la escuela y queremos que nos digas cuanto aprendiste, el tema más interesante que desarrollaste, la lectura que más te gustó, lo divertido que fue para ti, aprender en casa. ¡Nos veremos pronto, todo va a salir bien!

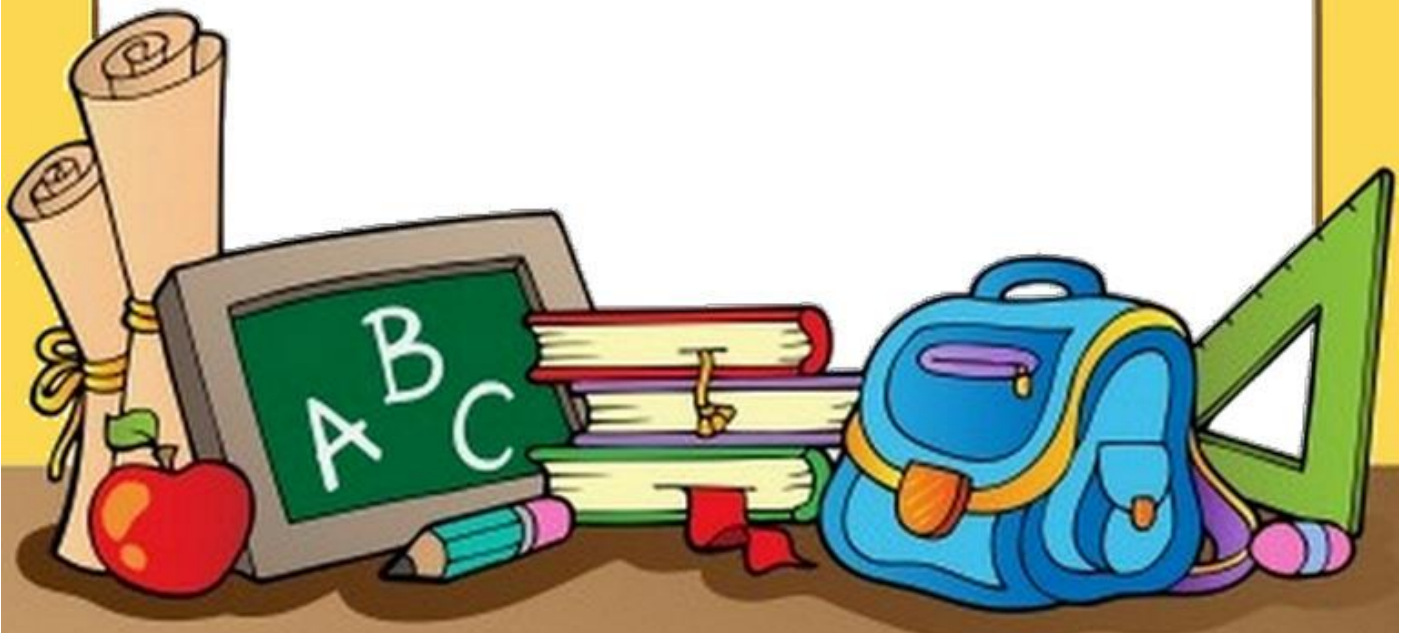
Maruja Gorday de Villalobos

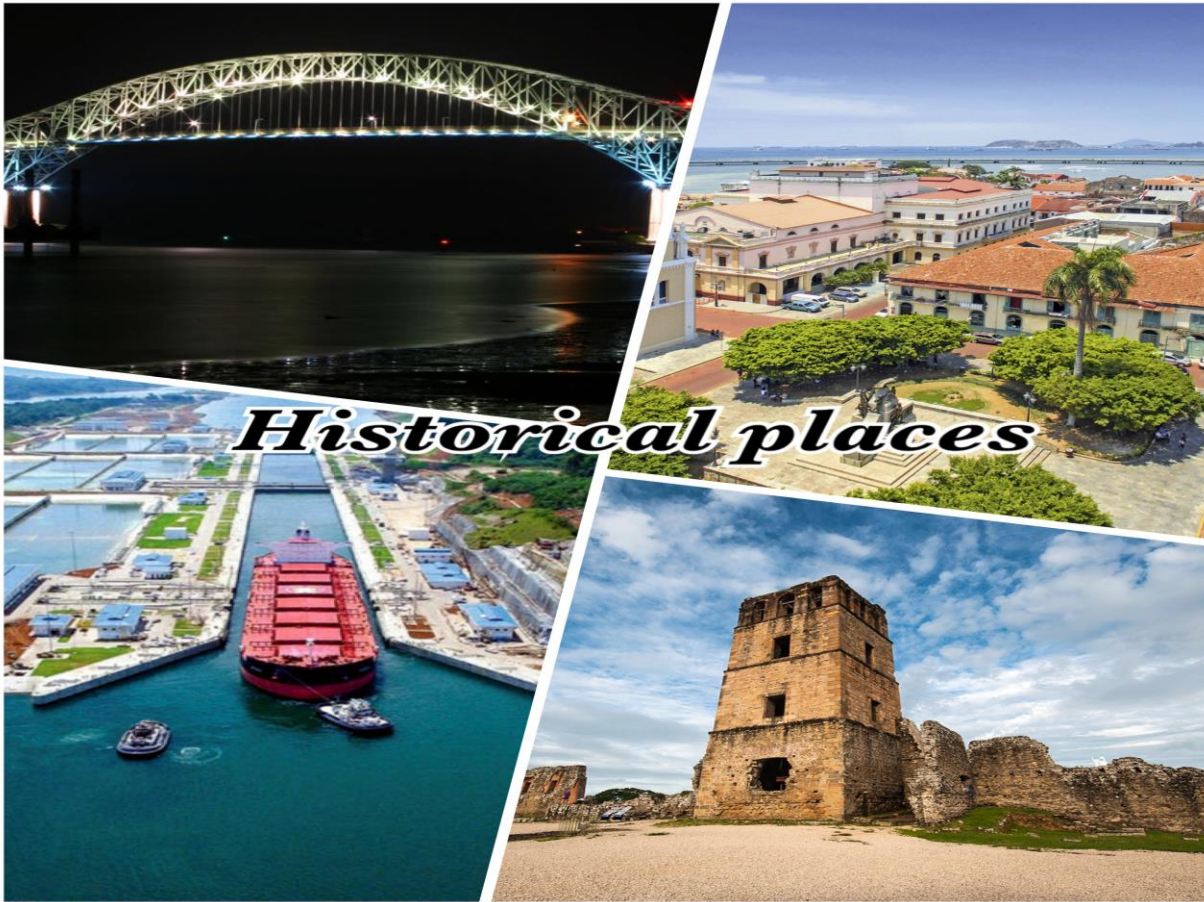
Ministra de Educación



TABLE OF CONTENT

Weeks	Topic	Page
1-2-3	Historical Sites	8
4-5	Natural Resources	16
6-7-8	Tourist Attractions	24
9-10-11	Digestive System	32
12-13-14	Excretory System	40
15-16-17	Skeletal System	48
18-19-20	The Circulatory System	55
21-22-23	Taking care of the body systems	62
24-25-26	Simple hygiene tips to help keep the COVID-19 out of the house.	69
27-28-29	Recipes for healthy food	76
30-31	The importance of good nutrition	84
132-33	Health and nutrition	92
34-35-36	Functions of the food in our body	100
37-38	Healthy environment	108
39-40	Effect of a contaminated environment	116
	Answer key	124
	Infography	134





Historical places

WEEKS 1-2-3 HISTORICAL PLACES IN PANAMA INTRODUCTION

Panama is a country full of history. There are many places you can visit that will help you understand and respect people who lived in different eras with different habits and traditions.

OBJECTIVES

- To demonstrate understanding of the vocabulary related to tourism in a written way.
- To describe historical sites in Panama.

**DID
YOU
KNOW?**



SS Ancon was an American cargo and passenger ship that became the first ship to officially transit the Panama Canal in 1914.



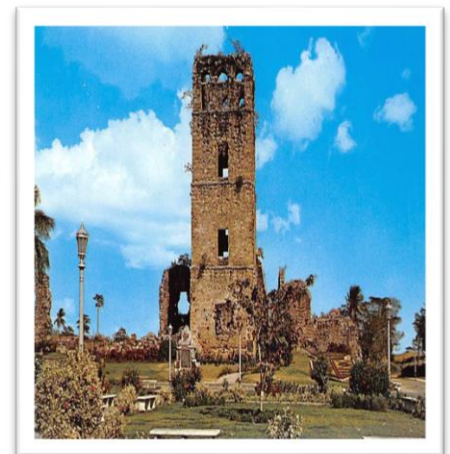
Write four places you have visited in Panama.

1. _____
2. _____
3. _____
4. _____

TOPIC EXPLANATION LANDMARKS

A **landmark** is something (as a building or statue) that is easy to see and can help you find the way to a place near it. Buildings of historical importance are also called landmarks.

In English, we use this word to call places that can be of interest to tourists because they are beautiful, or big, or they have historical importance. Landmarks can be of two different categories: natural (physical features such as waterfalls and mountains), and structures constructed by humans.



Do you have landmarks in your community? _____.

Check () next to the landmarks you have in your community

Structure	Natural
Building	Mountain
Statue	Waterfall
Bridge	River

Don't forget: countries and landmarks must be written in capital letter.

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Canal / Canál /
- ✓ ship /shíp/
- ✓ Waterway /wárerwéi /
- ✓ historical /jístóricál/
- ✓ landmark /lándmaark/
- ✓ downtown /daontáon/

READING COMPREHENSION

HISTORICAL PLACES IN PANAMA



The Panama Canal

The Panama Canal is a waterway that connects the Atlantic and the Pacific Ocean. It was built by the United States and opened in 1914. The length of the Panama Canal is about 65 km. Around 14,000 ships travel through the canal every year.

Visitors enjoy Miraflores Locks. This is a very **popular** and **magical** place of interest where you can see how the **modern** Canal engineering works transporting **big** ships through the **huge** lock gates from ocean to ocean. This is a **magnificent** and **interesting** place to visit.



Panama Viejo

Panama La Vieja (Old Panama) is the oldest settlement in Panama City. It is a few miles east of downtown. The **medieval** ruins of Panama La Vieja are a UNESCO World Heritage site and one of Panama City's most **impressive** sights.

Panama La Vieja is a **relaxed, fascinating,** and **enjoyable** place where visitors from all over the world come to know about our culture, traditions, and identity as Panamanians.

ACTIVITY 1

After reading several times, answer the following questions

1. What is the title of the reading?

2. When was the Panama Canal opened?

3. How long is the Panama Canal?

4. Mention three words to describe Panama La Vieja.

_____, _____, _____

5. Mention three aspects visitors know when visiting Panama La Vieja.

_____, _____, _____

ACTIVITY 2

Look at the chart and complete it with the opposite adjective. You can use your dictionary.

Adjective	opposite
Old	new
Interesting	
Big	
Modern	
Relaxed	
huge	

A cartoon illustration of a young boy with brown hair, wearing a blue shirt, looking up with a wide smile. A glowing yellow lightbulb is shown above his head, indicating he has an idea.

STRUCTURE

ADJECTIVES

Adjectives are words that **describe nouns** and give more information about things. They provide details, making the sentences more meaningful.

Example:

The Panama Canal is an **interesting** place to visit. (noun)

Old Panama is an **ancient** site (noun).

Old Panama is a **relaxed, fascinating** and **enjoyable** place. (noun)

In English adjectives comes before the noun

Ancient site **beautiful** place **big** ship



ACTIVITY 3

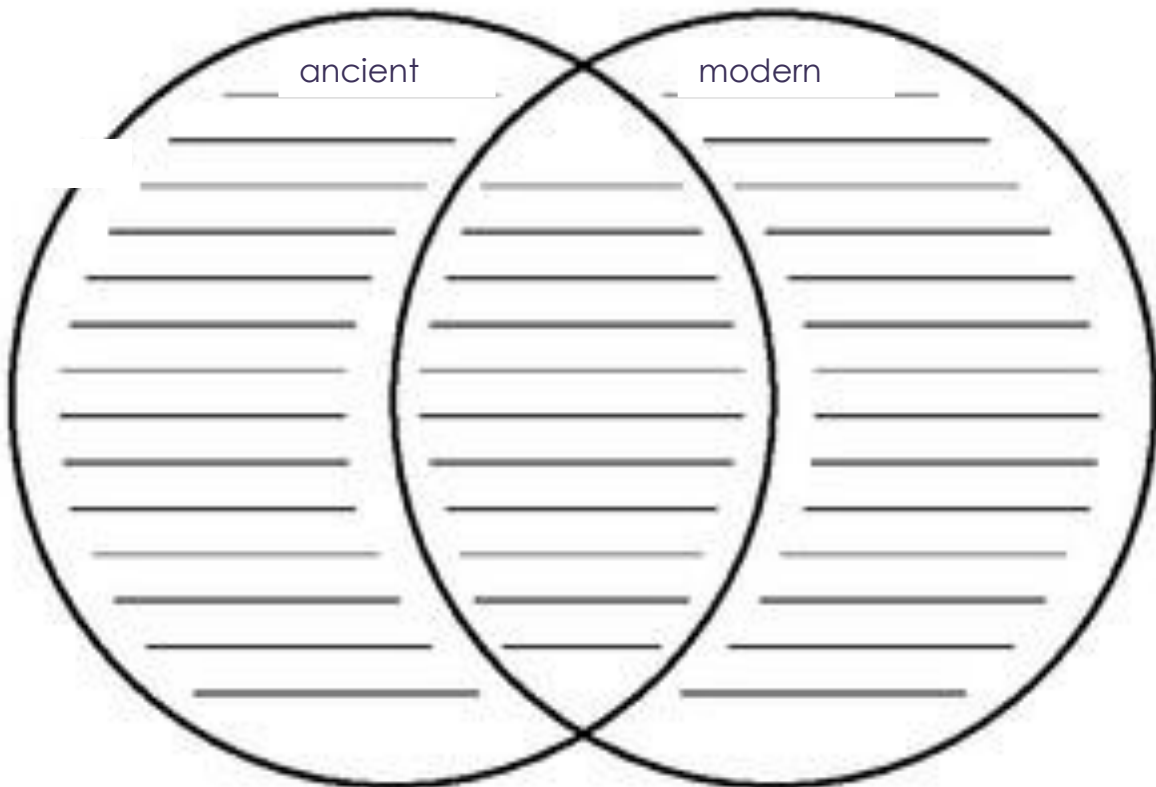
Use the Venn diagram to compare and contrast Panama la Vieja and the Panama Canal.

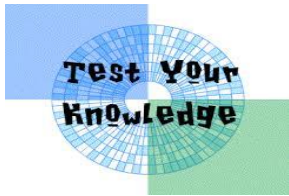
When we want to compare two places, we can use a Venn diagram. In the middle of the two circles we write things the places have in common and in the sides, things they have different.

beautiful, interesting, modern, historic, authentic, enjoyable, popular, huge, magnificent, famous, valuable, fantastic, awesome, important, ancient, wonderful, useful, ancient

Panama Canal

Panama La Vieja





What is your favorite historical place in Panama?
Write some sentences describing it.


Example

My favorite historical place in Panama is Casco Viejo. It is a beautiful, colorful, and interesting place...

It has an old cathedral.

Remember to use adjectives to make your sentences more meaningful.

My favorite place



Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Writes de name and adjectives to describe favorite historical place.
- Uses capital letters where needed.
- Uses the given structure correctly.
- Expresses his/her creativity.

GLOSSARY

Here are some more important words and phrases that you should know.

1. **visitor:** a person from another place or country.
2. **ancient:** a place that has a long history.
3. **huge:** very big.
4. **canal:** an artificial waterway constructed to allow the passage of boats or ships.
5. **building:** a structure with a roof and walls.
6. **tourist attractions:** interesting **places** tourists like to visit.
7. **enjoyable:** that produces pleasure.
8. **sight:** a thing that can be seen.
9. **locks:** a short section of a canal in which the water level can be changed by gates.

I CAN...

Check (✓) the things you can do.

- differentiate natural and structural landmarks.
- use adjectives to describe nouns.
- make short simple sentences about historical places in Panama.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.youtube.com/watch?v=xy6HSOo6eFc>

<https://www.youtube.com/watch?v=jaRC2I18I5c>



WEEKS 4-5 NATURAL RESOURCES INTRODUCTION

A natural resource is something we found in nature and can be used by people. Panama has beautiful natural resources where we can enjoy fresh air, clean water, and see different animals and plants.

OBJECTIVES

- To describe natural resources in the city and the countryside.
- To write about future vacation plans and vacation.

**DID
YOU
KNOW?**

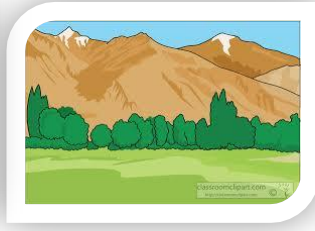


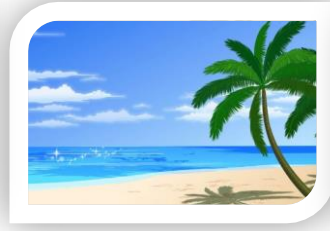
...La Yeguada is one of the best camping sites in Veraguas because of its beautiful waterfall and lakes.



What are the names of these natural landscapes in English?


















TOPIC EXPLANATION OUTDOOR ACTIVITIES

Our country has many natural resources where you can go and have fun with your family and friends. You can also practice different activities like the ones below:

Go to the beach	Go fishing	See flora and fauna
		
Eat delicious food	Visit archeological sites	Take pictures
		
Go camping	Stay in a hotel	swim
		

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ lake /léik/
- ✓ camping /kámping/
- ✓ jungle /yangol/
- ✓ trail /tréil/
- ✓ weather /wéder/
- ✓ surround /soraund/

READING COMPREHENSION

NATURAL LANDSCAPES

La Yeguada is a forest reserve that surrounds a beautiful lake. It is a nice place for **camping**. It has cool weather and you **hike, swim or relax** on the bank of the lake.



Panama City is the only metropolis to have a jungle within its city center. In the **Metropolitan Natural Park**, you can **go hiking** to the many trails it has. You can explore the gorgeous scenery and see the exotic **flora and fauna**.



Boquete is in the highlands of the Chiriquí province. Here, you can enjoy the **nice weather**, visit **coffee plantations**, the **Baru Volcano National Park** and **Los Quetzales Trail**.

Anton Valley is a small village. This beautiful place has many things to do. In here, you can **go hiking** to La India Dormida, you can see **hot pools, orchids** or **butterflies garden**. **Hike** to El Macho Waterfall, Visit the **Butterfly Farm**, among other attractions.



ACTIVITY 1

After reading several times, complete the following chart. Check(✓) all the activities you can do in the different places according to the reading.

Place	Activities				
	Swim	Go hiking	See flora and fauna	Enjoy the weather	Go camping
La Yeguada	<input checked="" type="checkbox"/>				
Metropolitan Park					
Boquete					
Anton Valley					

ACTIVITY 2

Answer the questions about the reading.

1. What is the title of the reading?

2. Where can you see the hot pools and butterfly gardens?

3. What activities can you do in Boquete?

4. Where can you go hiking?

STRUCTURE

FUTURE TENSE WITH WILL

The **simple future tense** indicates an **action that will happen in the future**.

The future tense is formed by using the helping verb **will** with the base form of the verb.

affirmative

I **will** go hiking next month.

Sara **will** travel to Anton valley next week.

Negative

I **will not** go hiking next month.

Sara **will not** travel to Anton valley next week

interrogative

Will I go hiking next month.?

Will Sara travel to Anton valley next week.?

Will Sara travel to Anton Valley next



Practice the conversation below.

Ana: What will you do next week?

Lucia: I will visit my grandparents. I will go to the river and I will swim! What about you?

Ana: I will go to La Yeguada with my family. We will camp there.

Lucia: Will you go hiking?

Ana: I hope so.

Lucía. Great!



ACTIVITY 3

Find the words given in the word search puzzle.



Nature

W B A P S R G K S P W W J B S
P E L M W E E G N L R S A L J
D A A P I V L W O A T A E L N
Y D F T M I V E I N Y E U L K
U Y G W H R G U T T P K L S W
B F O D Y E M D A S T S V W F
H K U S B G R A T X N A B U G
O E L O W R Z B N I I Y Q D I
H R Z I A Q X B A L U J B N Q
Y L L V Q X S T L S J N B C Y
S U R F P E N T P L E P S D B
Q D L V K U T X G J I T S F N
H D O I O C A M P I N G I Z S
T H H M T I S I V H F V K S E
G D K R S B Y E W W C F L H L

CAMPING
MOUNTAINS
PLAY
SLEEP
VISIT

EAT
PLANTATIONS
RIVER
SURF
WALK

HIKE
PLANTS
SITES
SWIM
WEATHER

Follow the instructions to make following project.

Example



My dream vacations, I will go to the beach.

I will swim and play in the sand.

My dream Vacations

Answer the questions with your ideas and plan your dream vacations. You can use pictures or drawings.

My dream Vacations

Where will you go?

What will you do?

Who will go with you?

What will you buy?

Where will you stay?

What will you eat?

Remember capital letters and punctuation marks.

Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Answers the questions using the vocabulary.
- Uses capital letters where needed.
- Uses the given structure correctly.
- Expresses his/her creativity.

GLOSSARY

These are other important words and phrases that you should know

1. **highlands:** mountainous region.
2. **waterfall:** a body of water that runs from higher land or rock.
3. **reserve:** an area of land set apart.
4. **village:** a community with a small number of houses.
5. **metropolis:** an important city.
6. **forest:** a land area with many trees.
7. **scenery:** a view of natural features.
8. **nature:** natural scenery.
9. **lakebank:** the land next to the river.

I CAN...

Check (✓) the things you can do.

identify different natural resources in Panama.

Describe different outdoor activities.

write short simple sentences using the Simple Future Tense.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.youtube.com/watch?v=pkjJsYsy5cA>

<https://www.youtube.com/watch?v=PaiNKEcaHEc>



Tourist attractions in Panama

WEEKS 6-7-8 TOURIST ATTRACTIONS INTRODUCTION

Panama has different tourist attractions that visitors and Panamanians enjoy. Some of them are:

- ✓ Fairs
- ✓ Festivals
- ✓ Shopping centers
- ✓ National celebrations
- ✓ Museum

OBJECTIVES

- To describe tourist attractions in Panama.
- To compare and contrast tourist attractions.

**DID
YOU
KNOW?**



**The National
Folkloric Festival
of La Mejorana
started in 1949.**

What do you know?

Do you know what these pictures represent?



Festival /féstival/



Fair /féer/



Mall /mool/



parade/préid/



museum / miusíum/

TOPIC EXPLANATION

TOURIST ATTACTIONS IN PANAMA

Tourist attractions are the most interesting and engaging activities that local persons offer to visitors. In Panama, each province has several tourist attractions and fairs that captivate people.

Tourist attraction	Where?	When?	Important facts
El Manito Festival	Ocu	August	Cultural festival
Flower and coffee festival	Boquete	January	Flowers, souvenirs
Mall	Albrook	All year	Food, shopping
Parades	Different provinces	November	School bands
Museums	Panama City	All year	Culture, traditional objects.

VOCABULARY

Look up the meaning of these words and phrases in your English-Spanish dictionary.



Queen /kuin/



Folkloric dance /folklóric dans/



Folkloric music /Folklóric miusic/



Livestock /laivstaak/



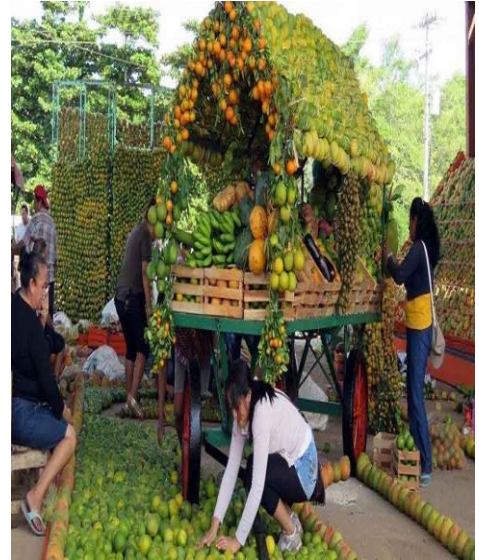
Handicraft /jandicráfts/

READING COMPREHENSION

FAIRS IN PANAMA

There are many different fairs and festivals in Panama from January to April. In most fairs you will see:

- Beautiful **queens**.
- **Handicrafts:** cheap and expensive hats, colorful molas and cheap necklaces,
- **Agricultural products:** plants, delicious fruits, and beautiful flowers.
- **Livestock shows:** cattle, pigs and amazing horses.
- **Folkloric dances and singers.**
- **Delicious food:** rice with chicken, sancocho, tamales, fried chicken, grilled pork, and more.



ACTIVITY 1

After reading several times, answer the following questions.

1. What is the title of the reading?

2. Write three things you can see in a fair.

_____, _____, _____

3. In Livestock shows, you can see.

_____, _____, _____

4. Mention three examples of food you can find in a fair.

_____, _____, _____

STRUCTURE

COMPARATIVE ADJECTIVES

Comparative adjectives are used to compare one noun to another noun.

-er... than

Big- ---bigger

Pretty - prettier

Cheap - cheaper

A pig is smaller than a cow

More...than

More beautiful

More expensive

More delicious

Oranges are more delicious than lemons.

Irregular adjectives

Good -better

Bad -worse



ACTIVITY 2

Complete the chart with the correct comparative form.

Adjective	+...er than	adjective	+ ..ier than	Adjective	+ more
Small	smaller	pretty	prettier	modern	More modern
Big	bigger	easy		Interesting	
Fast		busy		famous	
Long		funny		elegant	
Strong		friendly		expensive	
New		tiny		Delicious	
Old		heavy		beautiful	

ACTIVITY 3

Write the correct comparative form for these adjectives.

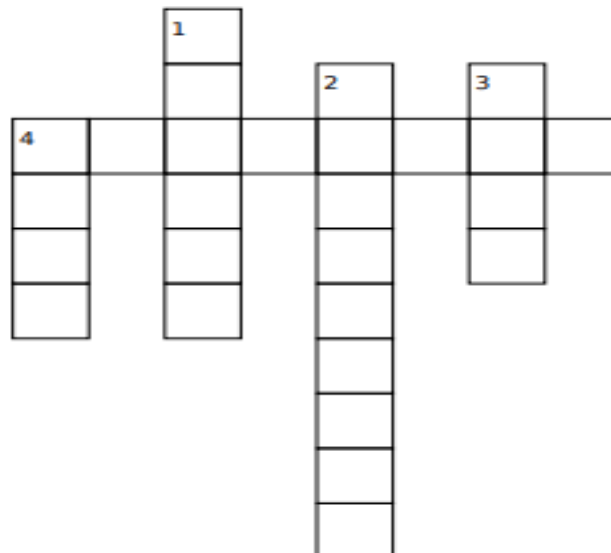
1. Oranges are cheaper (cheap) than bananas.
2. Folkloric music is _____ (interesting) than salsa music.
3. Museums are _____ (popular) than libraries.
4. Fairs _____ (cheap) than festivals.
5. A horse is _____ (fast) than a cow.
6. Fried chicken is _____ (delicious) than fried pork.



ACTIVITY 3 A

Find some tourist attractions in the puzzle.

Crossword Puzzle



Down:

1. a place where you see art.
2. domesticated animals like horse and pig.
3. a place where you can buy clothes.
4. a place where you can buy souvenirs

Across:

4. a place where you can dance and listen to music.

Key Down 1.museum 2.livestock 3.mall 4.fair
Across 4 festival

Compare two tourist attractions .

Compare and Contrast Map

Main Topic: **Tourist attractions**

First item: _____ Second item: _____

Similarities
How are they alike?

Use adjectives to compare

Differences
How are they different?

	→	
	→	
	→	
	→	

adventureinspeechpathology.wordpress.com

Self-assessment Checklist

Use the following check list to make sure your project is well done

- Writes two tourist attractions
- Uses capital letters
- Selects the appropriate comparative adjective
- Expresses his/her creativity

GLOSSARY

These are other important words and phrases that you should know

1. Museum : a place where you can see objects and art.
2. Shopping center: a group of stores.
3. Souvenirs: something that serves as a reminder. Key chain, picture, etc.
4. Key chain : something you use to hold keys.
5. Attractions: something that interests tourists.
6. Folkloric: The traditional beliefs, myths, tales and practices of people.
7. Traditional: done regularly.

I CAN...

Check (✓) the things you can do.

use vocabulary related with tourist attraction in Panama.

identify things we have in a fair.

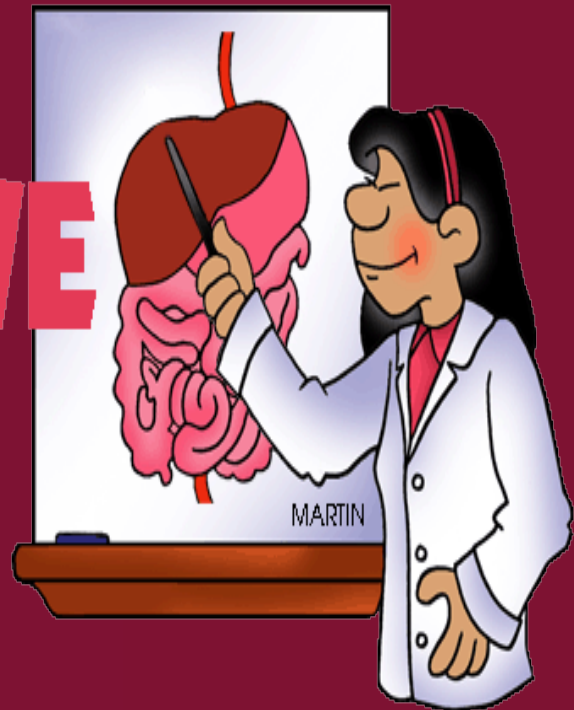
write short simple sentences using comparative adjectives.

SUPPLEMENTARY MATERIAL

Check this link for additional information.

<https://www.youtube.com/watch?v=ZBZWgrfZFbU>

DIGESTIVE SYSTEM



WEEKS 9-10-11

THE DIGESTIVE SYSTEM INTRODUCTION

The **digestive system** is responsible for getting food into and out of the body and for making use of food to keep the body healthy.

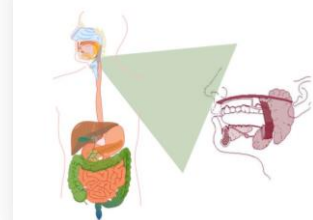
OBJECTIVES

- To identify the various parts of the digestive system using proper vocabulary and language.
- To describe the function of the various parts of the digestive system.

DID YOU KNOW?

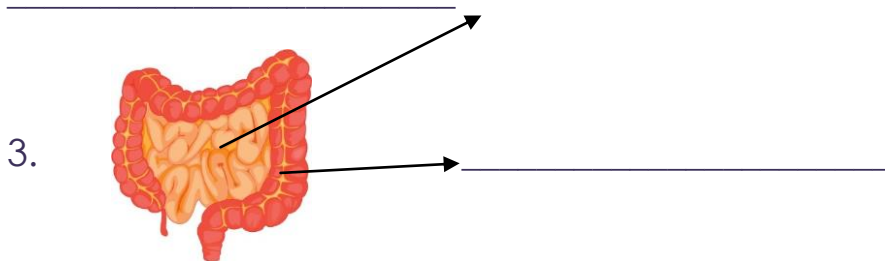
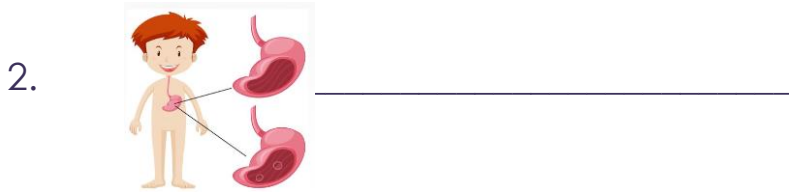
Our salivary glands produce around 1.5 liters of saliva each day!

SALIVARY GLANDS



What do you know?

Can you write the name of these parts of your digestive system?



Word bank

Small intestine

large intestine

mouth

stomach

esophagus

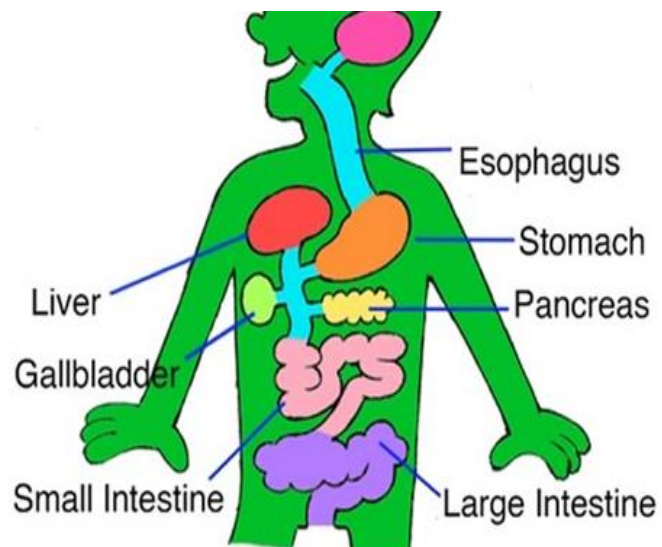
TOPIC EXPLANATION

THE DIGESTIVE SYSTEM

Function

The digestive system involves organs that turn food into energy and eliminate waste.

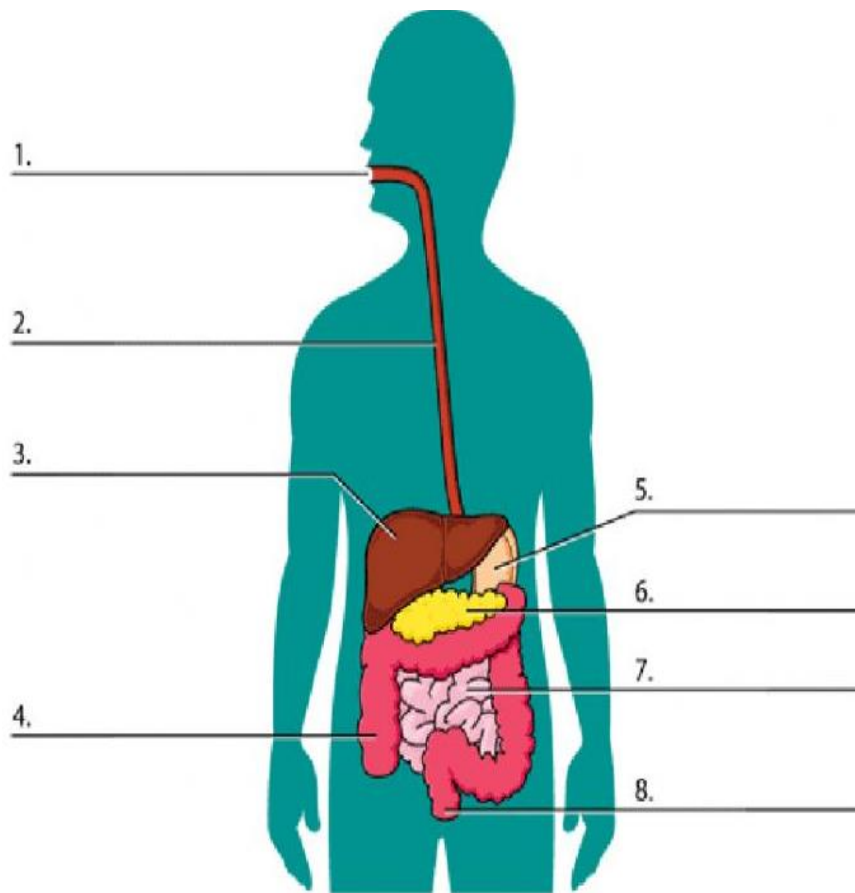
The Digestive System



ACTIVITY 1

Write the correct name of each organ.

Digestive system organs



Digestive System

Stomach
rectum
pancreas
liver
large intestine
small intestine
mouth
esophagus

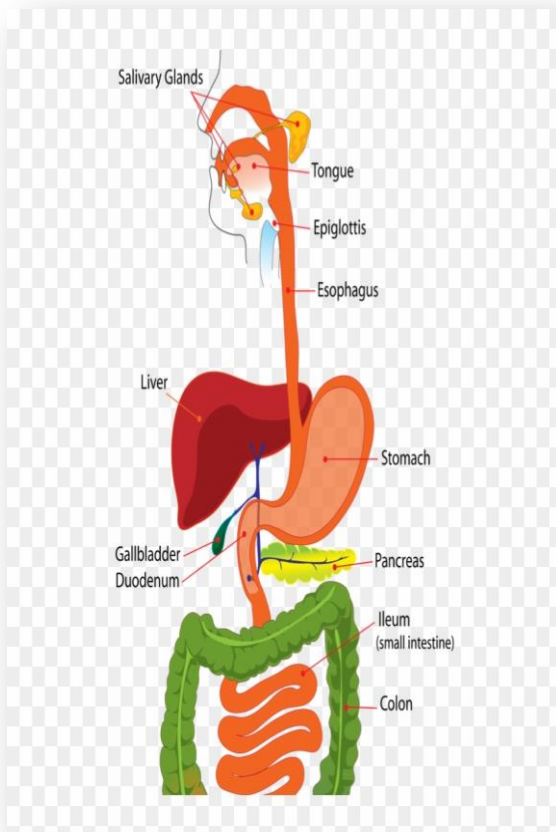
VOCABULARY

Look for the meaning of these words in your English-Spanish dictionary.

Pharynx	/fárinx/
Tongue	/tóng/
Esophagus	/esófagus/
Digest	/ daiyést/
Bolus	/ bóulus /

READING COMPREHENSION

HOW THE DIGESTIVE SYSTEM WORKS



Digestion starts in the **mouth** with **chewing** and **salivation**. **Teeth** chew and mash up the food.

The **tongue** moves the food, mixes it with saliva, and forms the bolus. The pharynx moves the bolus on to the esophagus.

The **stomach** excretes gastric juices that continue with digestion to process food.

Most of digestion occurs in the **small intestine**. The **purpose of the large intestine** is to absorb water and salts from the material that has not been digested and eliminate it.

The **rectum** and **anus** are the final parts of the digestive system.

ACTIVITY 2

After reading several times, answer the following questions

1. Where does the digestion start?

2. What organ moves the food and mix it with saliva?

3. What is the function of the stomach?

4. Where does most of the digestion process occur?

5. What are the final parts of the digestive system?

ACTIVITY 3

Number the parts of the Digestive System (starting from the mouth from 1 to 6.)

mouth _____

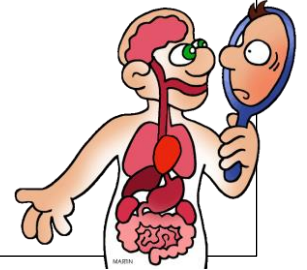
large intestine _____

esophagus _____

small intestine _____

rectum and anus _____

stomach _____



Do not forget:

A healthy diet, drinking water and plenty exercise are key to taking good care of your digestive system.



ACTIVITY 3A

Find the words below in the word search puzzle.



+Small Intestine +Large Intestine +Stomach +Mouth +Esophagus

STRUCTURE

SIMPLE PRESENT TENSE. THIRD PERSON SINGULAR

We use the simple present tense when an action is happening right now, or when it happens regularly.

Digestion **starts** in the mouth.

Teeth **chew** the food.

The tongue **moves** the food.

The stomach **secrets** gastric juices.

Remember: When you use 3rd person singular add –s to the verb.

Verbs ending in:
• -ch
• -sh
• -x
• -ss
• -o
• consonant + y
+ -es



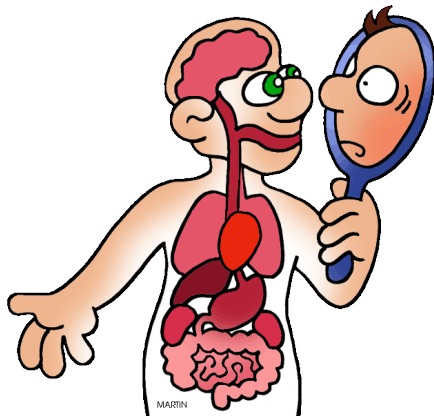
Rules	Examples
Most verbs take -s in the third person singular.	work – works , dance – dances , read – reads , speak – speaks
Verbs ending in -ss, -sh, -ch, -x and -o take -es .	kiss – kisses , wash – washes , watch – watches , fix- fixes
Verbs ending in a consonant + y , drop the y and take -ies .	study – studies , cry – cries fly – flies , copy – copies
Verbs ending in a vowel + y , take -s .	play – plays , say – says , enjoy – enjoys , obey - obeys

Let's practice!

1. I **like** pear. Ana **likes** pineapple. Elias and Javier **like** mangoes.
2. I _____ (play)baseball but my brother _____ (play) soccer.
3. Carlos _____(drink) 8 glasses of water daily.
4. Sandra _____(wash) the fruits before eating them.

Follow the instruction to make the following project.

EXAMPLE



Teeth – Chew the food.

My digestive system

Describe the organs and functions of the digestive system in a poster.

- ✓ You can use a picture or drawing.
- ✓ Name the organs of the digestive system.
- ✓ Write the function of each organ.
- ✓ Make sure to use proper grammar.

Self-assessment Checklist

Use the following checklist to make sure your project is well done.

Use the following check list to make sure your project is well done

- Write the names of each organ and its function properly.**
- Writes the names of each organ and its function properly
- Use capital letters where needed.**
- Uses capital letters where needed
- Use the given structure correctly.**
- Uses the given structure correctly
- Expresses his/her creativity
- Express his/her creativity.**

GLOSSARY

These are other important words and phrases that you should know

1. **Digestive System:** parts of the body that digest food.
2. **Gland:** an organ that secretes chemical substances.
3. **Food:** nutritious substance that people eat or drink.
4. **Saliva:** The clear liquid in your mouth that is made of water and other chemicals.
5. **Swallow:** cause or allow to pass down the throat.(food)

I CAN...

Check (✓) the things you can do.

relate different digestive organs and their functions.

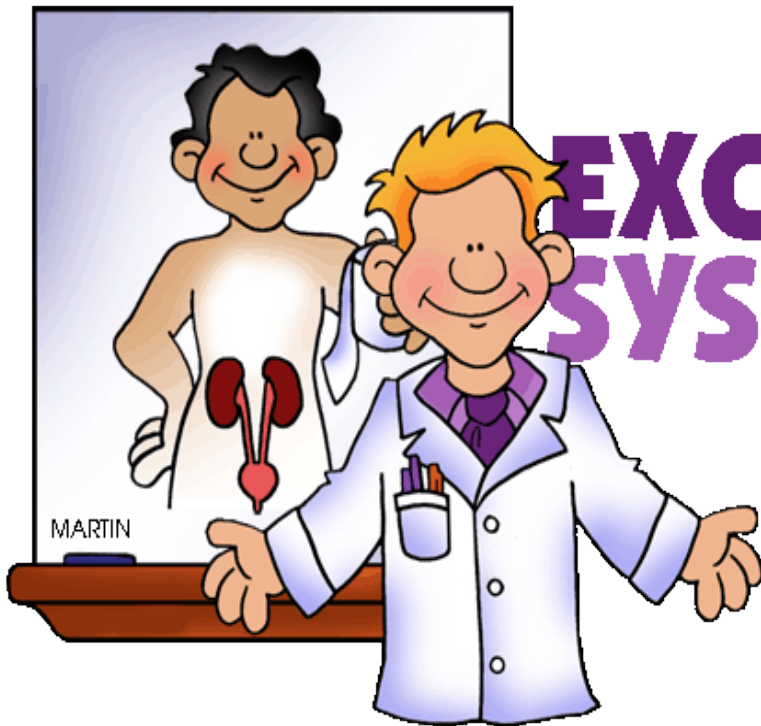
use simple present tense to talk about regular actions.

describe the functions of the digestive system

SUPPLEMENTARY MATERIAL

Check this link for additional information.

<https://www.youtube.com/watch?v=ZBZWgrfZFbU>



EXCRETORY SYSTEM

WEEKS 12-13-14 THE EXCRETORY SYSTEM INTRODUCTION

The Excretory System is a passive biological system that removes excess, unnecessary materials from the body fluids of an organism.

OBJECTIVES

- To identify the organs that make up the human excretory system using the proper vocabulary and language.
- To apply the main functions of the organs in the excretory system.

DID YOU KNOW?



The body throws out almost 1.5 quarts of urine every day.



Which of these habits do you practice daily?



Drink water regularly



Exercise



Eat healthy food

TOPIC EXPLANATION THE EXCRETORY SYSTEM

What is the function of the excretory system?

The excretory system is in charge of getting rid of wastes and extra water in the **body**.

What is the excretory system made up?

Four main parts make up the excretory system. Kidneys, ureters, **bladder**, and **urethra**.

Let's explore the functions of every organ...



Organ	Description	Picture	function
Kidneys	two bean-shaped		Filter the blood, removes waste and extra water in your body.
Ureters	two thin tubes		Take urine from the kidney to the bladder.
Bladder	A sac		Holds urine until it's time to go to the toilet.
Urethra	A small tube		Carries urine from the bladder out of the body when you pee.

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

Waste /weist/

Blood /blood/

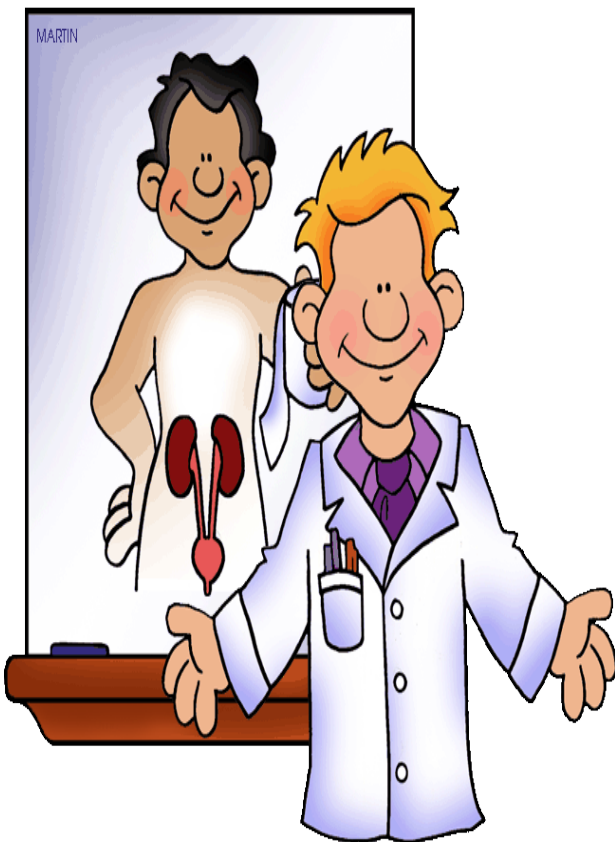
Collect /coléct/

Healthy /jélzi/

Toilet /tóilet/

READING COMPREHENSION

INSIDE YOUR BODY THE EXCRETORY SYSTEM



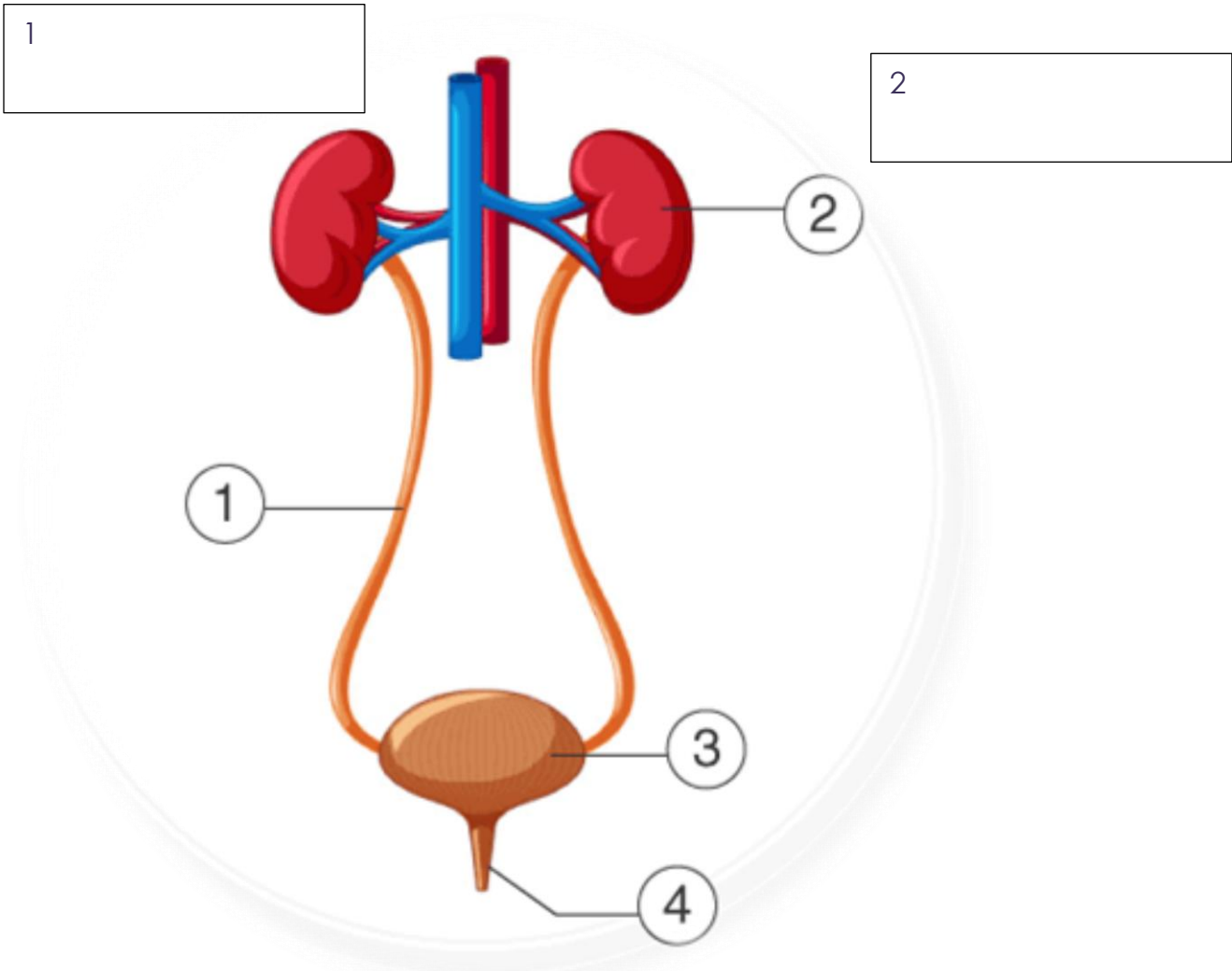
The excretory system removes other waste from our body and keeps our blood clean.

The kidneys filter the blood and reabsorb nutrients. In the kidneys waste substances and water form urine. The urine goes down tubes called ureters and collects it in the bladder. The urine is stored in the bladder, when we go to the toilet; the urine leaves our body through a tube called the urethra.

To keep your kidneys healthy, you should eat a lot of fruits and vegetables. You should drink lots and

ACTIVITY 1

Label the diagram of the excretory system.



ACTIVITY 2

Complete the sentences with the correct word from the chart.

Urethra kidneys bladder ureters

1. The _____ filter the blood and reabsorb useful nutrients.
2. Urine travels down to the bladder through two tubes called _____.
3. The urine collects in the _____.
4. Urine leaves our body through a tube called _____.

STRUCTURE

IMPERATIVES OR COMMANDS

Imperatives

We use imperatives to give orders, warnings, invitations and advice.



Don't eat too much sugar.

Go home and sleep.

Eat fruits and vegetables

Exercise daily



Avoid fast food.



ACTIVITY 3

COMPLETE THE SENTENCES WITH THE MISSING WORDS

Sleep, don't sleep, walk , don't walk

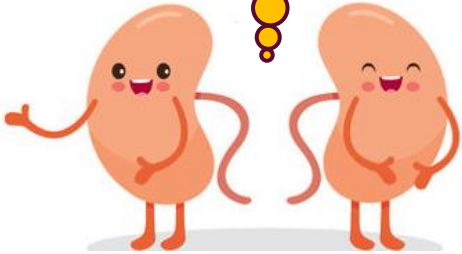


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Golden rules to keep your kidneys healthy



Look at the pictures and write the correct word.











Drink plenty of water

Exercise regularly

Eat healthy food

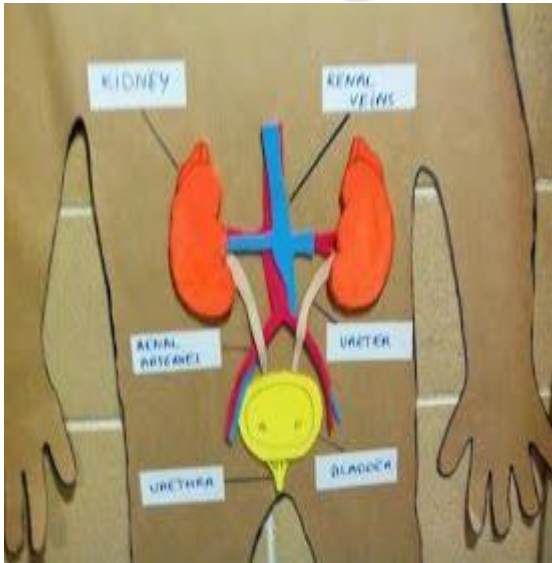
Reduce salt intake

Do not smoke

Test Your Knowledge

Follow the instructions to make the following project

Example



Make a poster about the excretory system.

- ✓ Use pictures or draws of the organs.
- ✓ Write the name of the organs and their functions.
- ✓ Remember capital letters and punctuation marks.
- ✓ Use your creativity and have fun!!

Self-assessment Checklist

Use the following checklist to make sure your project is well done.

- Write the names of each organ.
- Use capital letters where needed.
- Mention the appropriate function of each organ.
- Express his/her creativity.

GLOSSARY

These are other important words and phrases that you should know

1. **Body:** the physical structure of a person or animal.
2. **store:** (verb) keep or accumulate.
3. **filter:** (verb) to remove unwanted material.
4. **remove:** (verb) eliminate.
5. **urine:** the yellowish liquid waste that is released from the body.
6. **pee:** urine
7. **nutrient:** a substance that is needed for healthy growth.
8. **drink:** to swallow liquids.

I CAN...

Check (✓) the things you can do.

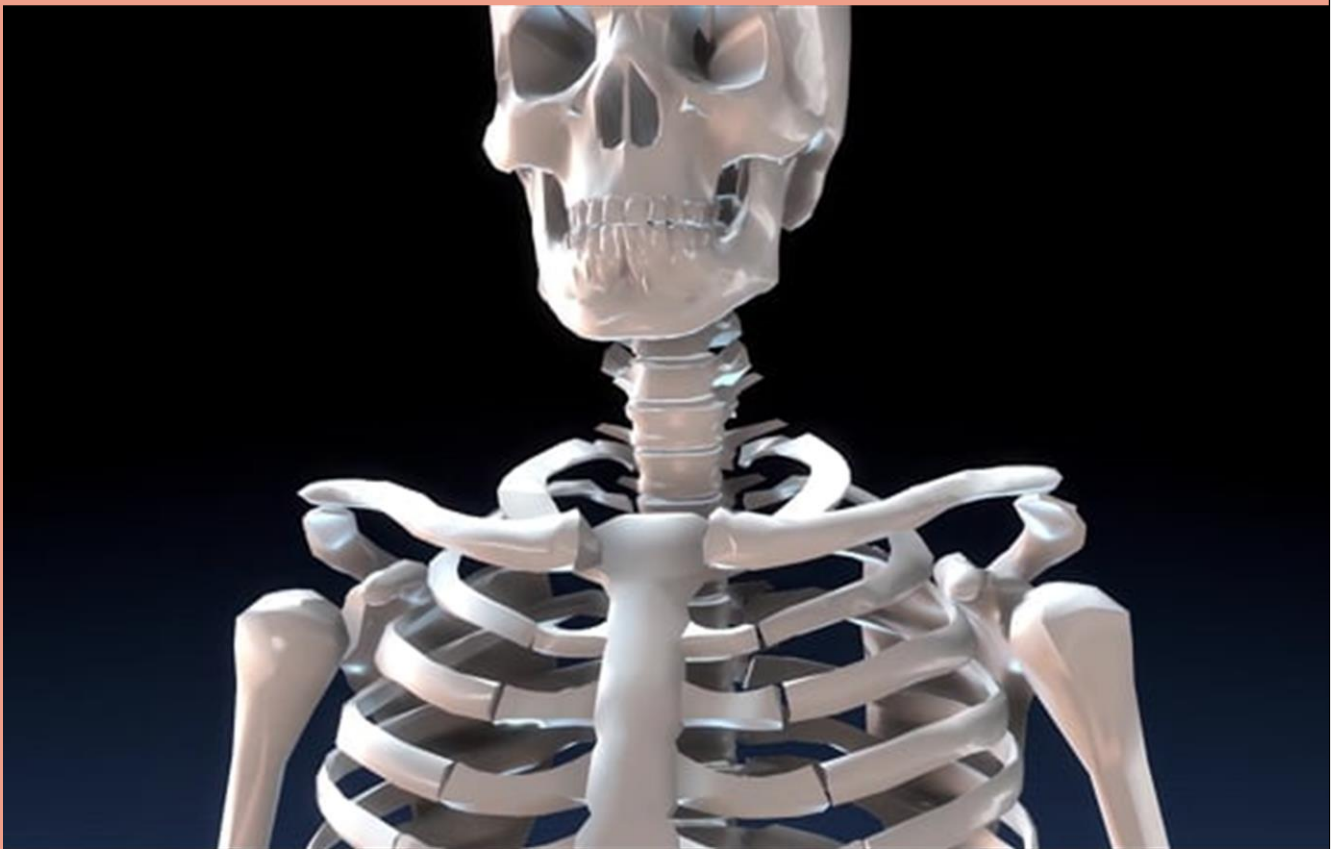
- describe how urine goes from kidneys to the bladder.
- recognize functions of the excretory system
- use imperatives.

SUPPLEMENTARY MATERIAL

Check this link for additional information.

n.

<https://www.youtube.com/watch?v=TZMJeZL-BVg>



WEEKS 15-16-17

THE SKELETAL SYSTEM

INTRODUCTION

The skeleton system consists of bones and other connective tissues like cartilages and joints, that protect and supports the body tissues and internal organs.

The skeleton system contains:

- ✓ bones
- ✓ cartilages
- ✓ joints

OBJECTIVES

- To identify the various parts of the skeletal system.
- To describe the functions of the parts of the skeletal system and learn how to take care of them.

**DID
YOU
KNOW?**

The skeletal system of humans contains 206 bones and 6 of them are in the ear.



Can you name some of the main components of the skeletal system?

Write three components of the skeletal system.

1. _____
2. _____
3. _____

**TOPIC
EXPLANATION**

What is the function of the skeletal system?

The skeletal system is formed by bones, cartilages, joints and ligaments which give structure to the body. Its main function is to help the human body move with the help of the muscular system.

Answer these questions

What is the function of the skeletal system?

_____.

What is the skeletal system formed by?

_____.

Could you walk if you didn't have the skeletal system?

_____.

VOCABULARY

Look up these words in an English-Spanish dictionary.
Practice their pronunciation (in parentheses) too.

cranium (kreniom)	_____	clavicle (Klavikel)	_____
scapula (skapiula)	_____	sternum (sternom)	_____
ribs (ribs)	_____	vertebrae (verebrai)	_____
umerus (jumeros)	_____	radius (reidios)	_____
pelvis (pelvis)	_____	ulma (olma)	_____
carpal (karpel)	_____	femur (fimer)	_____
patella (petela)	_____	fibula (fibiula)	_____
tibia (tibia)	_____	tarsal (tarsel)	_____

READING COMPREHENSION

WHAT IS THE SKELETAL SYSTEM?

The **human skeleton** is the internal structure of the human body. It is composed of around 300 bones at birth. Then this total decreases to around 206 bones by adulthood. The bone mass in the skeleton reaches maximum density around age 21. The human skeleton can be divided into two parts: the axial skeleton and appendicular skeleton. The axial skeleton is formed by the vertebrae column, the rib cage, the skull and other associated bones. The appendicular skeleton, which is attached to the axial skeleton, is formed by the shoulder girdle, the pelvic girdle and the bones of the upper and lower limbs.

The human skeleton performs six major functions; support, movement, protection, production of blood cells, storage of minerals, and endocrine regulation.

ACTIVITY 1

After reading the text carefully complete the missing information.

Fill in the blanks with the corrects information.

The internal structure of the body is the _____ system. Humans are at birth have _____ bones. When people become adults they only have _____ bones. The skeletal system is divided into parts, _____ and the _____ . The six major functions of the skeletal system are _____ , _____ , _____ , _____ , _____ and _____ .

ACTIVITY 2

Read the text carefully and write down the missing information.

Include plenty of calcium in your diet. Good sources of calcium include milk, cheese, almonds, broccoli, sardines, tofu and calcium supplements. Your body needs vitamin D to absorb calcium. Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Include physical activity in your daily routine. Do exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss. Eat lots of vegetables. Vegetables are the best source of Vitamin C, which stimulates production of bone-forming cells. Avoid substance abuse, smoking, and drinking alcoholic drinks.

Fill in the blanks with the correct information.

1. Good sources of **vitamin c** are _____, _____ and _____.
2. Good sources of **calcium** are _____, _____, _____ and _____.
3. Good sources of **vitamin D** are _____, _____, and _____.
4. These exercises are good to keep your bone healthy _____ and _____.
5. If you want to have healthy bones you better to avoid things like _____ and _____.

STRUCTURE

SIMPLE PRESENT TENSE. WH QUESTIONS AND ANSWERS

Wh- questions are used to ask for specific information. For the present tense, use wh + **Do** or **Does** + the subject + the verb + the rest of the information

What	do	you	eat to have healthy food?
How many bones	do	people	have at birth?
Why	does	your brother	need to drink milk?

What foods do you know are good



Good sources of calcium are milk, cheese, broccoli,

ACTIVITY 3

Answer these Wh questions about the skeletal system.

What exercises do you do to have good and healthy bones?

When does the amount of bones decrease to 206?

What are three bad things for your bones health.?



Find the words below in the word search puzzle.

Skeletal System

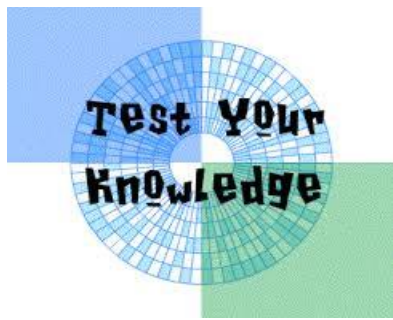
X	J	B	D	P	M	Z	A	J	Y	S	A	A	R	I	Q	
M	E	R	O	F	B	K	G	T	V	R	U	P	I	T	C	H
U	G	M	P	H	J	S	S	C	Y	Q	R	W	B	L	O	V
N	A	U	S	P	O	U	G	Q	M	Z	E	F	I	M	M	E
R	L	I	P	B	I	K	W	E	Y	U	M	E	T	Z	P	X
E	I	N	D	D	N	B	K	O	L	G	U	M	D	S	A	T
T	T	A	A	S	T	R	I	B	R	C	H	U	N	C	C	E
S	R	R	S	I	I	R	L	P	O	R	I	R	I	A	T	R
Y	A	C	C	Z	P	V	E	M	T	C	A	V	M	P	A	N
D	C	A	N	L	U	A	L	L	R	E	Z	M	A	U	R	A
W	A	L	T	V	E	R	T	E	B	R	A	E	T	L	I	L
A	L	U	B	I	E	N	Z	T	P	I	O	E	I	A	C	H
L	L	A	N	R	E	T	N	I	E	Z	D	D	V	I	K	U
D	E	Z	O	N	J	V	W	Y	V	N	J	N	Z	F	E	D
Z	T	L	I	G	A	M	E	N	T	Y	D	E	A	S	T	T
Q	A	B	L	S	K	E	L	E	T	O	N	O	E	M	S	K
D	P	V	A	S	E	G	N	A	L	A	H	P	N	K	B	Y

CARTILAGE
CLAVICLE
COMPACT
CRANIUM
EXTERNAL
FEMUR
FIBULA
HUMERUS
INTERNAL
JOINT
LIGAMENT

MANDIBLE
MARROW
PATELLA
PELVIS
PHALANGES

RADIUS
RIB
RICKETS
SCAPULA
SKELETON
STERNUM
TENDON
TIBIA
ULNA
VERTEBRAE
VITAMIN D

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Prepare a short summary of the function, importance, and components of the skeletal system.

Make a summary of the skeletal system.

Answer these 3 questions:

1. What is the function of the skeletal system?
2. What is the importance of the skeletal system?
3. Mention the components of the skeletal system.

The summary is going to be evaluated according the rubric below. The maximum score is 15 points.

Rubric

Items	5 points	3 points	1 point
Functions of the skeletal system	Clearly states the functions	Writes ideas that are quite accurate	Does not have any idea about it
Importance of the skeletal system	Clearly states the importance	Writes ideas that are quite accurate	Does not have any idea about it
Components of the skeletal system	Clearly states the components	Write 2 out of the 4 components	Writes 1 component only

GLOSSARY

These are other important words and phrases that you should know

skeletal: relating to or functioning as a skeleton.

axial: make or become smaller

blood cells: any of the kinds of cells found in the blood.

limbs: an arm or leg of a person

joints: a structure in the human or animal body at which two parts of the skeleton are fitted together

I CAN...

Check the things you can do.

- identify the name and location of major bones in the body using a poster.
- write descriptive sentences about the function of the skeletal system using vocabulary and language structures.
- describe life style activities which contribute to bone health.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

For more details and information about the skeleton system go to:

https://www.google.com/search?q=5th+grade+skeletal+system&sxsrf=ALeKk006kMMvvWId18QO0G_ka7BS8NLqhQ:1594074791449&tbm=isch&source=iu&ic

<https://www.youtube.com/watch?v=X21-HLjZkCg>

<https://www.youtube.com/watch?v=SiBzCpg6vu8>

<https://www.google.com/search?sxsrf=ALeKk01jjvandG99vGDQWDMesk1fJtCdqQ:1594097344113&source=univ&tbm=isch&q=free+skeletal+system+puzzles&>



WEEKS 18-19-20

THE CIRCULATORY SYSTEM

INTRODUCTION

The Circulatory System is made up of blood vessels that carry blood away from and towards the heart. Arteries carry blood away from the heart and veins carry blood back to the heart. The Circulatory System carries oxygen, nutrients, and hormones to cells, and removes waste products, like carbon dioxide. It is made up of:

- ✓ blood vessels
- ✓ arteries
- ✓ veins

OBJECTIVES

- To recognize the parts of the Circulatory System.
- To describe the functions of the Circulatory System.

**DID
YOU
KNOW?**

**That capillaries
connect the
arteries to the
veins**



Can you name the main components of the circulatory system?

The main components of the circulatory system are:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

TOPIC EXPLANATION

WHAT IS THE FUNCTION OF THE CIRCULATORY SYSTEM?

It supplies oxygen and nutrients to our bodies by working with the respiratory system. At the same time, the Circulatory System helps carry waste and carbon dioxide out of the body.

Main functions of Circulatory System:

- Circulates oxygen and removes carbon dioxide.
- Provides cells with nutrients.
- Removes the waste products of metabolism to the excretory organs for disposal.
- Protects the body against disease and infection.
- Clotting stops bleeding after injury.
- Transports hormones to target cells and organs.
- Helps regulate body temperature.

VOCABULARY

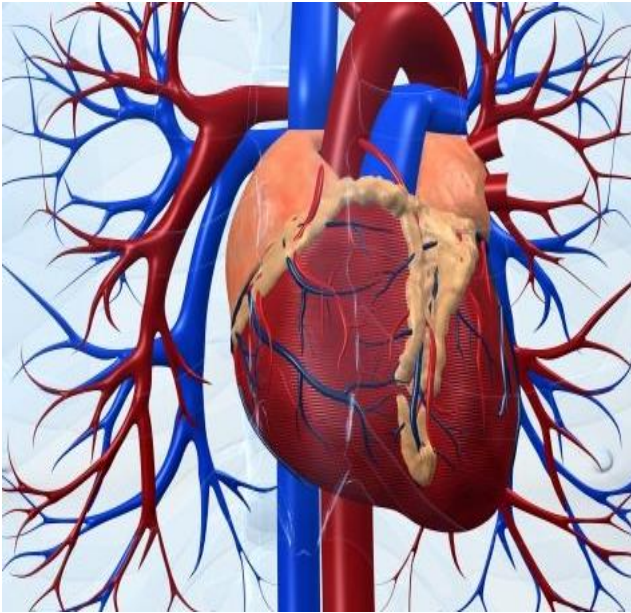
Look up these words in an English-Spanish dictionary. Practice their pronunciation (in parentheses) too.

Vocabulary

blood cells (blad cels) _____	hemoglobin	(jimogl'obin) _____
waste (gueist) _____	carbon dioxide	(karbon daiockzaid) _____
removes (rimuvs) _____	made up	(meid ap) _____
nutrients (nutrients) _____	hormones	(jormons) _____
arteries (arteris) _____	veins	(veins) _____

READING COMPREHENSION

THE CIRCULATORY SYSTEM



There are three kinds of blood vessels: arteries, veins, and capillaries. Each of these plays a very specific role in the circulation process. Arteries carry oxygenated blood away from the heart. Capillaries connect the arteries to veins. The arteries deliver the oxygen-rich blood to the capillaries, where the exchange of oxygen and carbon dioxide occurs. The capillaries then deliver the waste-rich blood to the veins for transport back to the lungs and heart. Veins carry the blood back to the heart. They're similar to arteries but not as strong as the arteries.

ACTIVITY 1

Read the text again and fill in the blanks with the correct information.

The three types of blood vessels are _____, _____ and _____.

Carries oxygenated blood out of the heart _____ ñ

_____ connect the arteries to veins. It carries the blood back to the heart.

ACTIVITY 3

Identify the adjectives and nouns in the sentences below.

Circle the adjectives and underline the nouns in these sentences.

The weather is nice today. The old books are on the table

The white house is on sale. The President is short.

We want red apples, please. The teacher looks tired this morning.



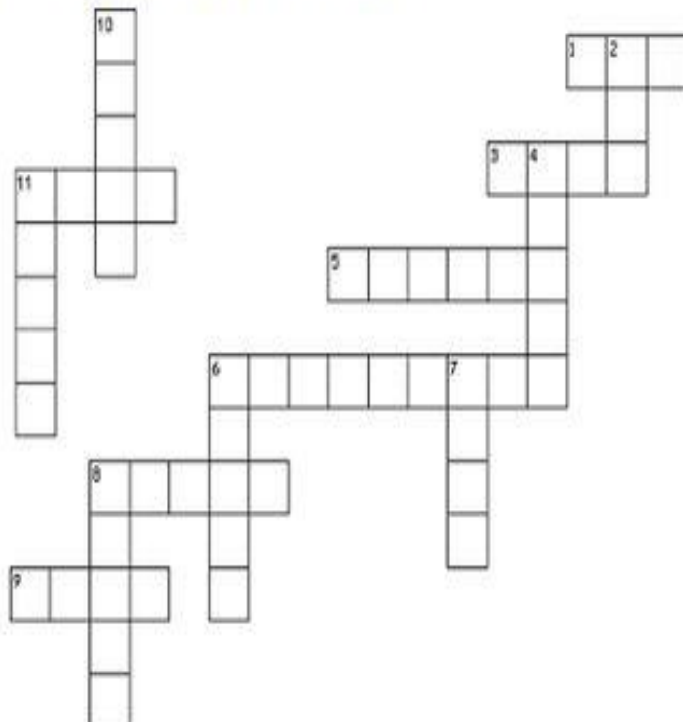
Follow the instructions of the puzzle. The arrows indicate across or down.

Adjectives – Easy

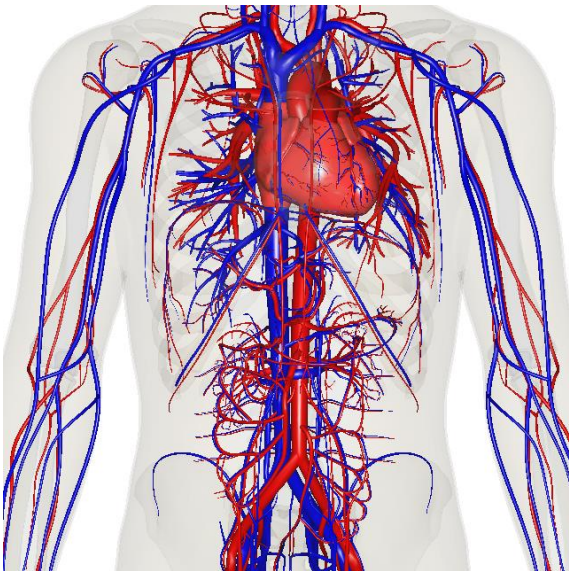
1. Match the adjectives and opposites

1 → new	difficult
2 ↓ high	small
3 → fast	slow
4 ↓ dark	old
5 → fun	dirty
6 ↓ clean	short
6 → easy	ugly
7 ↓ beautiful	weak
8 ↓ big	long
8 → tall	young
9 → strong	light
10 ↓ old	light
11 → short	boring
11 ↓ dark	low

2. Put the opposites into the crossword puzzle



Follow the instructions to write a summary of the Circulatory System.



Write a summary of the Circulatory System by answering these questions.

1. What is the function of the arteries?

2. What is the function of the veins?

3. What is the function of the capillaries?

Self-assessment check list.

Use the following checklist to make sure your project is well done.

Check with an (x) if you answered all the questions correctly.

Gives the correct function of the arteries.

Clearly states the function of the veins.

Lists the function of the capillary vessels.

Uses the correct punctuation and grammar required

GLOSSARY

These are other important words and phrases that you should know

blood vessel: a tubular structure carrying blood through the tissues and organs

heart; a hollow muscular organ that pumps the blood through the circulatory system

hormone: a regulatory substance to stimulate specific cells or tissues

nutrient: a substance that provides nourishment essential for growth and the maintenance of life.

remove: take (something) away or off from the position occupied.

I CAN...

Check the things you can do.

- label the different organs of the Circulatory System.
- provide written details about the functions of the Circulatory System.
- draw a picture of the heart and describe the pathway of blood.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

https://www.google.com/search?biw=1366&bih=657&sxsrf=ALeKk02gv1aJuYHSizk232yEAZf7GRT_zg%3A1594139895118&ei=96QEX7ntBueGggfjxb7gAQ&q=f

https://www.youtube.com/watch?v=c292_2_W-hc

<https://www.youtube.com/watch?v=hifcUYaACz>



WEEKS 21-22-23

TAKING CARE OF THE BODY SYSTEMS

INTRODUCTION

It's very important to take care of your different body systems because they transport materials to and from the body, break up your food for absorption into the blood, help you breathe, control mental and bodily functions, support and protect your body, help you move, and over

OBJECTIVES

- To identify habits that allow the body systems function properly.
- To practice good healthy habits to maintain body systems to work properly.

DID YOU KNOW?

That the human body has eleven body systems.



Can you remember some of the body systems?

The body systems

**Digestive System - Reproductive System - Nervous System - Excretory System
Skeletal System - Endocrine System - Circulatory System - Immune System -
Muscular System - Integumentary System - Respiratory System -**

TOPIC EXPLANATION

HOW TO TAKE CARE OF YOUR BODY SYSTEMS TO HELP THEM WORK PROPERLY

In order to keep our body systems working well, we have to do the following things:

- 1. Eat healthy food. Don't eat much sweet, fat or junk food. They can cause diabetes.**
- 2. Do exercises regularly. That can prevent diseases like heart attacks, strokes, etc.**
- 3. Control your weight.**
- 4. Do not smoke or drink alcoholic drinks.**
- 5. Protect your skin from the sun.**
- 6. Go to your dentist periodically.**
- 7. Have regular checkups with your doctor.**

VOCABULARY

Look up these words in an English-Spanish dictionary.
Practice their pronunciation (in parentheses) too.

Vocabulary

To avoid (tu avoid) _____ to break up (tu breik ap) _____
Support (support) _____ skin (skin) _____
Junk food (jonkfud) _____ stroke (strouk) _____
Fat (fat) _____ sweet (suit) _____
In order to (in order tu) _____ checkups (chekaps) _____

READING COMPREHENSION

THE HUMAN BODY

It is a remarkable biological machine with many systems working together to allow for life, movement, cognitive function, growth, repair, reproduction and so much more. These systems include the central nervous system, the circulatory system, the respiratory system, the digestive system, the immune system, the reproductive system, the skeletal structure and musculature.

The human body is made up of a head, neck, torso, two arms and two legs. The average height of an adult human is about 5 to 6 feet tall. The human body is made to stand erect, walk on two feet, use the arms to carry and lift, and has opposable thumbs (able to grasp).

ACTIVITY 1

Read the text again and answer these three questions.

What is the human body made of?

_____.

What is the average height of an adult human?

_____.

How many body systems can you remember

_____.

ACTIVITY 2

Write three good healthy habits to help your body systems function well.

Three good healthy habits to help the body system function well are:

1. _____.
2. _____.
3. _____.

STRUCTURE

PRESENT SIMPLE TENSE.
ACTION VERBS / LINKING VERBS

Action verbs

An **action verb** is a verb that describes an action. For example: work, run, eat, jump, play, etc.

Subject + action verb + complement

Examples of action verbs in sentences:

Paul is kicking the ball. The action verb is **kicking**. It describes what Paul is doing. The wind blows constantly. The action verb is **blows**. It describes what the wind does. The boy rejected the apology. The action verb is **rejected**. It describes what the boy did.

Linking verbs.

Some verbs are always linking verbs because they give information about the subject and never describe an action. For example be (am, is, are, was, were), become, seem, feel, look, say, taste smell, etc. are all linking verbs. Examples of linking verbs in sentences:

The weather is bad. **Is** is the linking verb that connects the subject to the information.

She seems happy. **Seems** is the linking verb because it says how the subject is.

The boy sounds better today. **Sounds** is the linking verb because it says how the boy feels.

ACTIVITY 3

Identify the verbs in these sentences as action verbs or linking verbs.

We are happy today Ex. Linking verb My friends work every day. _____.

He runs in the park. _____ Helen seems to be sick. _____.

Helen becomes the new leader. _____ They play tennis on Sunday. _____.



*Practice the helping verbs by singing this song.
To the rhythm of Christmas song Jingle Bells.*

Helping Verbs Song

Helping Verbs, Helping Verbs

There are 23

Am is are was and were

Being Been and Be

Have has had

Do does did

Shall will should and would

There are five more helping verbs

May might must can could

Linking verb song

To the tune of London bridges falling down or
We will rock you)

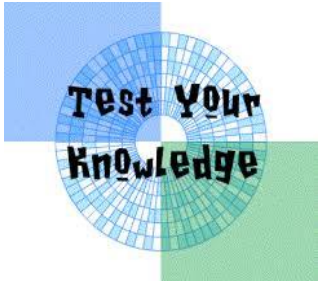
Am, are, is, was, were (and) be

Forms of be

Forms of be

Taste, smell, sound, seem, look, feel, say

Become, grow, appear, remain



Follow the instructions to make this project.

Write the names of the body systems that you have studied so far.

1. _____
2. _____
3. _____

Write the name of the body system responsible for these functions:

Function	Body System
Digestion of food:	_____
Urination:	_____
Walking:	_____
Transport of the blood:	_____

Which healthy habits are good to help the systems work properly?

Write three healthy habits.

1. _____
2. _____
3. _____

Self -assessment check list.

Use the following check list to make sure your project is well done.

Give all the answers in section 1. Yes _____ No _____

Write the four systems correctly. Yes _____ No _____

Write the three good habits. Yes _____ No _____

GLOSSARY

These are other important words and phrases that you should know

absorption: the process or action by which one thing absorbs or is absorbed by another

blood: the red liquid that circulates in the arteries and veins of humans

breath: an inhalation or exhalation of air from the lungs.

cardiovascular: relating to the heart and blood vessels.

smell: the faculty of perceiving odors or scents by means of the organs in the nose.

I CAN...

Check the things you can do.

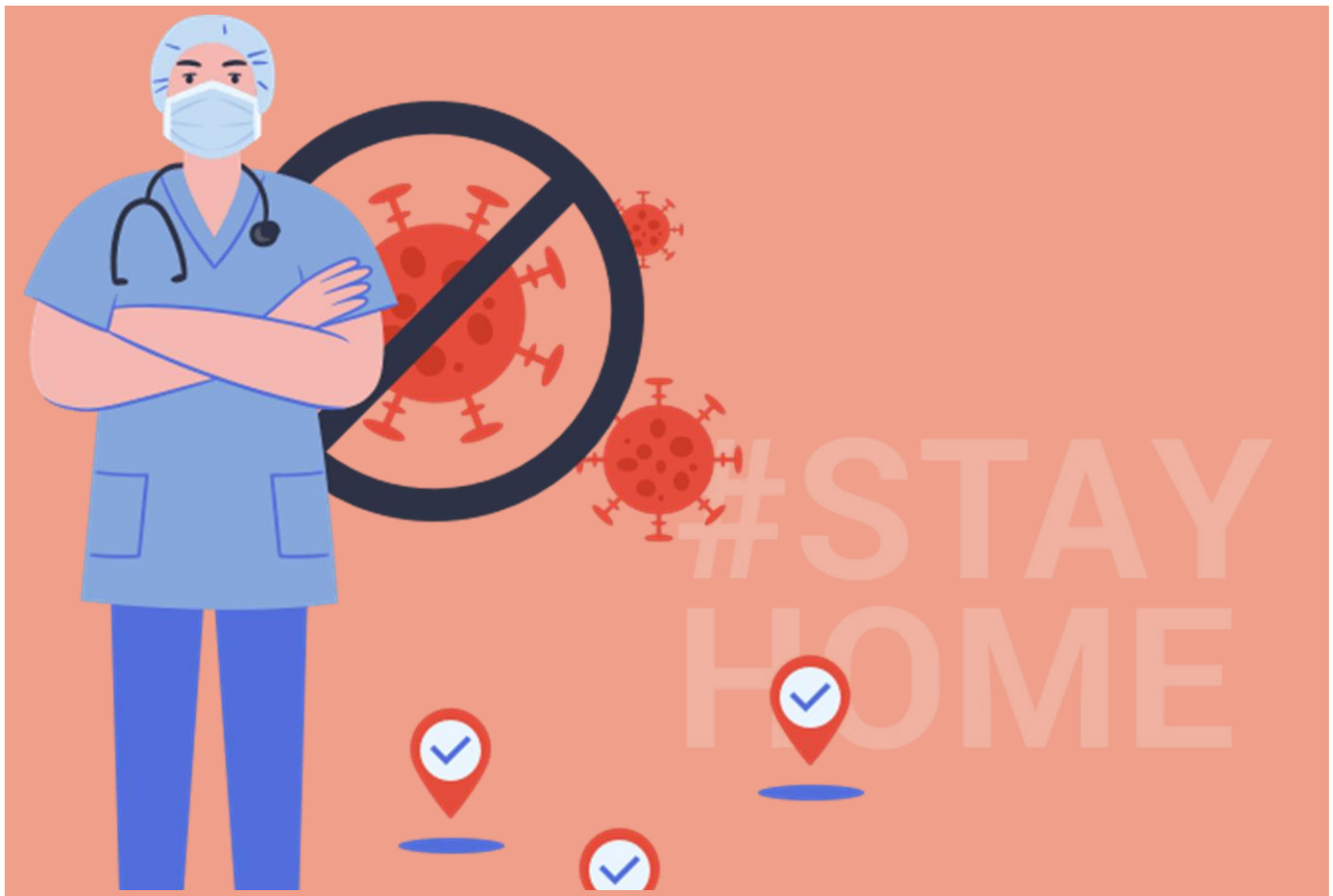
- write about good healthy habits that help body systems function well.
- write a list of the exercises that can avoid diseases and keep people healthy.
- use action and linking verbs properly.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.gallaudet.edu/tutorial-and-instructional-programs/english-center/grammar-and-vocabulary/verbs/action-verbs-and-linking-verbs#:~:text=An%20action%20verb%20is%20a,cry%2C%20smile%2C%20or%20think.>

<https://www.stedavies.com/healthy-habits/>



WEEKS 24-25-26

SIMPLE HYGIENE TIPS TO HELP KEEPING THE COVID-19 VIRUS OUT OF YOUR HOUSE.

INTRODUCTION

This year 2020 has been a terrible year for people all over the world. The outbreak of the Covid-19 virus has brought a lot of problems to governments and countries. The economy has almost stopped and the governments do not have ways to keep businesses open because the transmission of the virus is bigger when people get together in restaurants, offices, airports, schools, etc. That is why people are asked to stay home and consequently many of them have lost their jobs

OBJECTIVES

- To recognize the main hygiene measures to protect against the COVID-19 virus.
- To identify behaviors that promote healthy body systems.

DID YOU KNOW?

That the COVID-19 virus has already spread worldwide ?.



Do you know any of the words used to describe the effects of the COVID-19 pandemic?

Outbreak, wash your hand, ICU (intensive care unit),
pneumonia, deaths, wear masks.

TOPIC EXPLANATION

HYGIENIC MEASURES TO HELP KEEP THE COVID-19 VIRUS OUT OF YOUR HOUSE

This COVID-19 pandemic is a virus disease for which there isn't any vaccine or treatment to stop people from getting infected. Big pharmaceutical companies are investing huge amounts of money to produce this vaccine but so far they have not produced it yet. Therefore the only way to prevent the spread of the virus is by following the hygienic guidelines given by the WHO (World Health Organization) to slow down.

Here are some of the most important measures to follow when you are out of your house.

- 1 Wear masks outside your home.
- 2 Don't cough or sneeze into your hands
- 3 Keep your distance.
- 4 Wash your hands often.
- 5 Don't touch your eyes.
- 6 Clean your shoes with disinfectants before walking into your house.

VOCABULARY

Look up these words in your English-Spanish dictionary. Practice their pronunciation (in parentheses), too.

Vocabulary

Vaccine (vaksin) _____
Outbreak (autbreik) _____
Deaths (dezz) _____
Virus (vairós) _____
Therefore (derfor) _____
Guidelines (gailains) _____

spread (spred) _____
pneumonia (niumonia) _____
wear masks /wer masks) _____
huge amounts (jiuch amaunts) _____
following (falowing) _____
slow down (slou daon) _____

READING COMPREHENSION

THE CORONAVIRUS DISEASE



The disease caused by the novel coronavirus first identified in Wuhan, China, has been named **corona virus disease 2019 (COVID-19)** 'CO' stands for corona, 'VI' for virus, and 'D' for disease. At the beginning, it was referred to as '2019 novel corona virus' or '2019-nCoV.'

The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

Symptoms can include fever, dry cough, sore throat, shortness of breath, loss of taste or smell and tiredness. In more severe cases, infection can cause pneumonia or breathing difficulties. In many patients, the disease can be fatal.

ACTIVITY 1

Read the text again and fill in the missing information.

The corona virus disease was first identified in _____.

Severe Acute Respiratory Syndrome is also known as _____.

Write three of the symptoms of COVID-19 _____,

_____, _____.

ACTIVITY 2

Write three hygienic measures that you follow to avoid getting infected with the virus.

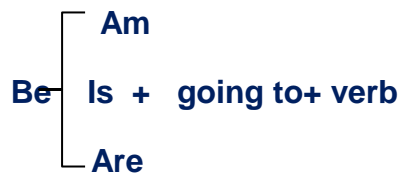
These are three of the hygienic measures that I follow.

1. _____.
2. _____.
3. _____.

STRUCTURE

FUTURE TENSE. WILL OR BE + GOING TO + VERB.

Future tense with Be + going to + verb



The future tense is used to talk about things you are going to do tomorrow, next week, next month, next year, etc.

Use be + going to + verb for activities that you have decided to do already.

Examples: I am going to visit my grandparents next year. (You are 100% sure about that)

My father is going to buy a car next month. (You father is 100% sure about that)

My friends are going to participate in the school music band next year.

(Your friends are 100% sure about too)

Will is used for future when you volunteer to do something.

Examples: I will prepare breakfast tomorrow. (I volunteered to do it nobody obliged me)

My brother will paint the room, (He volunteered. Nobody forced him to do it.)

Remember: Use be + going to + verb for future activities that you are 100% sure to do.

And use Will for things that you volunteer to do.

ACTIVITY 3

Fill in the blanks with the correct form of future. Use **will** (not sure) or **Be +going to + verb** (100% sure).

Example: I am going to buy a bicycle next year. (I am 100% sure to buy the bicycle)

I will bring the sodas for the party. (I volunteered to bring them, nobody forced me),

My mother _____ help the teacher in the party.

I _____ give my sister a present on her birthday.

The students _____ participate in the game tomorrow.

My father _____ take the boy to the hospital because he is sick.

We _____ go to Boquete on our vacation next year.

My brothers _____ get married next year.



Find the words below in the word search puzzle.

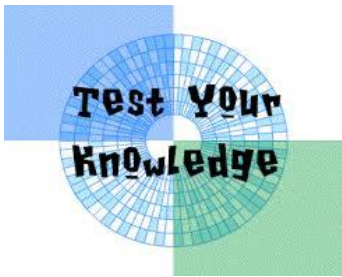
Covid 19 pandemic

S	E	E	P	A	O	S	S	V	I
D	E	H	Z	N	V	P	U	A	N
O	F	N	C	E	S	P	R	C	F
C	E	D	I	A	E	G	I	C	E
T	V	A	E	L	D	N	V	I	C
O	E	I	B	U	E	A	S	N	T
R	R	K	S	A	M	D	E	E	I
S	S	P	R	E	A	D	I	H	O
A	P	P	E	A	R	E	D	U	N
C	I	M	E	D	N	A	P	I	G

APPEARED
GUIDELINES
MASK
SOAP
VIRUS

DOCTORS
HEADACHE
PANDEMIC
SPREAD

FEVER
INFECTION
SNEEZE
VACCINE



Follow the instructions to make this project.

Write two things you decided to next year, and two things you volunteered to do.

Remember to use be+going to+verb for things you decided to do in the future.

And use will for things you volunteer to do.

You have already decided.

- 1. _____
- 2. _____

You voluntarily want to do it.

- 1. _____
- 2. _____

Self assessment check list.

Use the following check list to make sure your project is well done.

Write the two sentences with be + going to + verb correctly. Yes___No___

Write the two sentences with will correctly. Yes___ No___

GLOSSARY

These are other should know important words and phrases that you

anxiety: a feeling of worry or nervousness.

get together: an informal gathering.

hygiene: conditions or practices conducive to maintaining health and preventing diseases

outbreak: the sudden or violent start of something bad, such as war, disease, etc

worldwide: in the entire world

I CAN...

Check the things you can do.

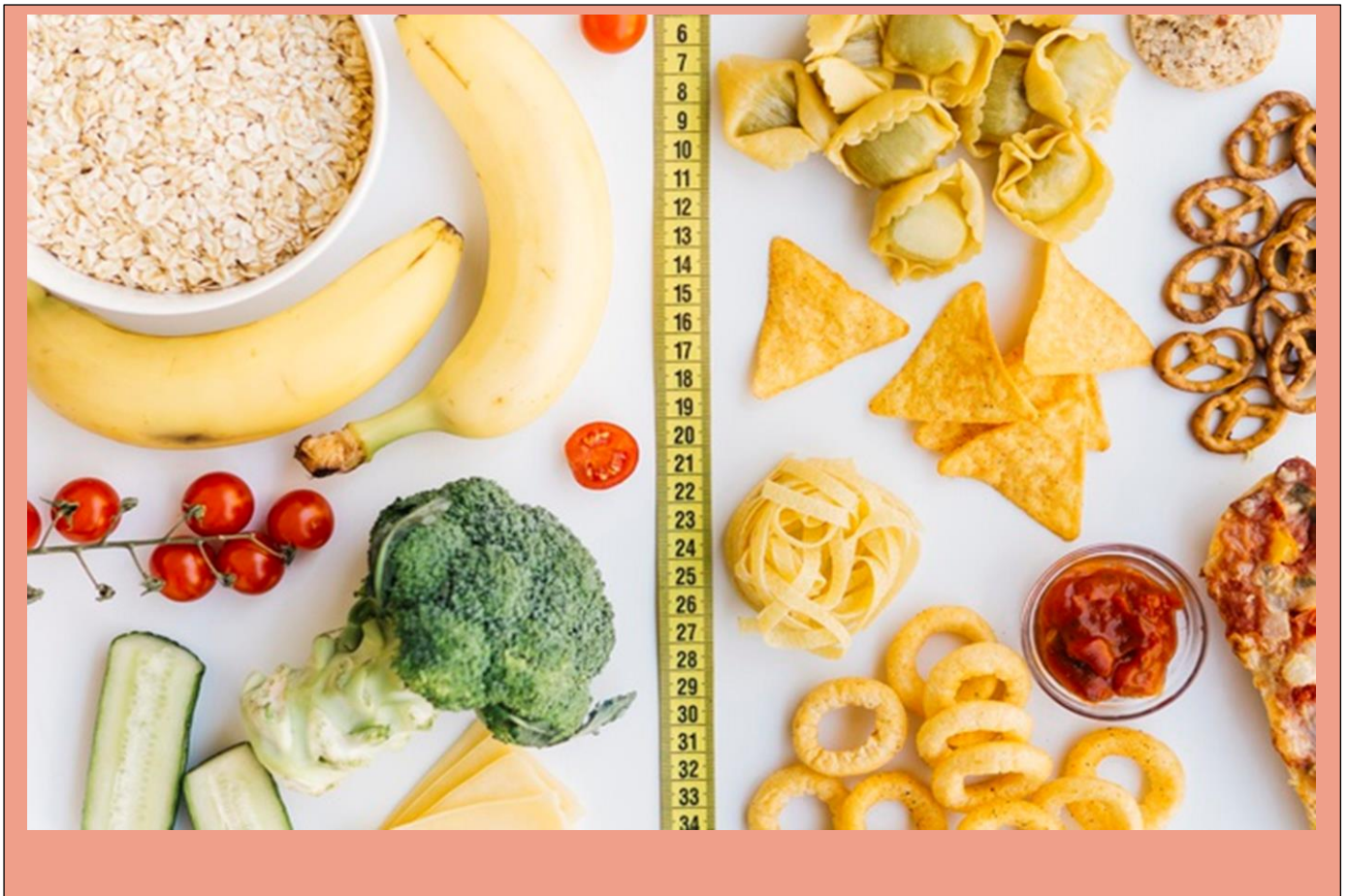
- follow the most important hygienic habits to avoid getting infected with Covid19.
- say things in future tense using will and be + going to + verb according to certainty (100 % sure) that you are going to do it or not sure.
- create a bulletin to inform about the hygienic measures that must be taken to avoid getting infected of Covid-19.

SUPPLEMENTARY MATERIAL

Check theses links for additional information.

<https://www.bing.com/videos/search?q=future+tense+for+5+graders&gs=PF&cvid=9830193568354cb6aefc4908f6aedebc&refig=4071048b28b445db943e42190e444b66&cc=PA&setl ang=en-US&plvar=0&PC=TBTS&ru=%2fsearc>

<https://www.youtube.com/watch?v=DXaWRy6oiss>



WEEKS 27-28-29

Recipes for healthy food

INTRODUCTION

Healthy eating has many other benefits. When we eat well we sleep better, have more energy and better concentration – and this all adds up to healthier, happier lives! Healthy eating should be an enjoyable social experience. When children and young people eat and drink well they get all the essential nutrients they need for proper growth and development, and develop a good relationship with food and other social skills.

OBJECTIVES

- To describe favorite foods and recipes.
- To write about favorite home recipes.

**DID
YOU
KNOW?**

That 2,1 billion
people are
overweight
around the
world.



Do you know any good recipes to prepare healthy foods?



Yes. _____

No. _____

TOPIC EXPLANATION HEALTHY FOOD RECIPES

Maintaining a healthful diet free from processed foods can help a person to stay healthy or in good shape. Fiber is one element of a healthful diet that is particularly important for controlling weight. Vegetables contain plenty of dietary fiber. If you eat healthy food, you will lose weight. If you lose weight you can help reduce the risk of chronic diseases like: heart disease, diabetes and osteoporosis, high blood pressure, etc.

VOCABULARY Look up these words in an English-Spanish dictionary. Practice their pronunciation (in parentheses) too.

Vocabulary

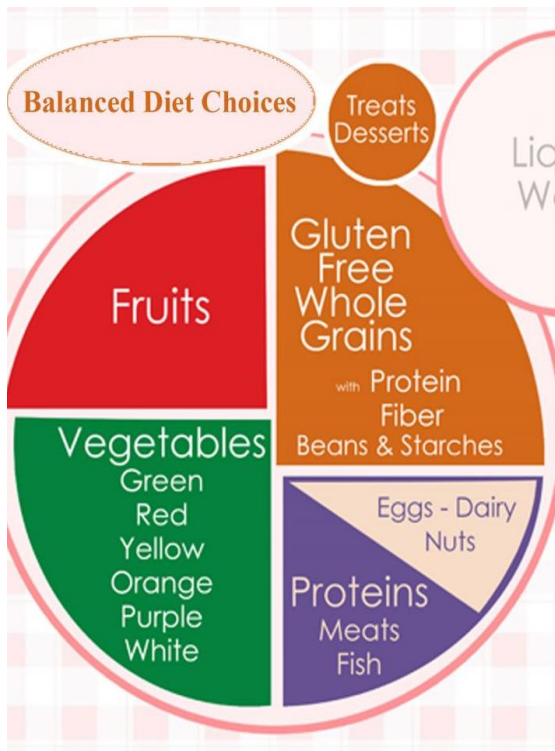
- Recipe (récipi) _____
- In good shape (ingúd shéip) _____
- Lose weight (luzweit) _____
- Adds up (adzap) _____
- Growth (grouz) _____

- risk (risk) _____
- fiber (faiber) _____
- processed foods (prózesd fud) _____
- enjoyable (enyoibal) _____
- development (dvelopment) _____

READING COMPREHENSION

Read this text carefully.

An unhealthful diet can lead to obesity which may increase a person's risk of developing cancer.



However, diets rich in fruits and vegetables may help to protect against cancer. In a separate study from 2014, researchers found that a diet rich in fruits reduced the risk of cancers of the upper gastrointestinal tract. They also found that a diet rich in vegetables, fruits, and fiber lowered the risk of colorectal cancer and that a diet rich in fiber reduced the risk of liver cancer.

According to the Heart and Stroke Foundation of Canada, up to 80 percent of cases of premature heart disease and stroke can be prevented by making lifestyle changes, such as increasing levels of physical activity and eating healthfully.

ACTIVITY 1

Read the text again and write (T) for true and (F) for false statements.

Write (T) for the true and (F) for the false statements.

1. ___ Obesity may increase a person's risk of developing cancer
2. ___ Heart disease and strokes can be prevented by increasing physical activities
3. ___ Diets rich in fruits and vegetables may help to protect against cancer.
4. ___ Unhealthy recipes keep you in good shape.

ACTIVITY 2

Complete a chart indicating what foods are healthy and which ones are unhealthy.

Healthy foods	Unhealthy foods
1.	1
2.	2
3.	3
4.	4

STRUCTURE

QUESTIONS IN SIMPLE PRESENT WITH DO-DOES AND BE=AM, IS, ARE. RESPONDING WITH SHORT ANSWERS

Questions with DO and Does. Do is used with the pronouns *I, you we and they*.

Does is used with *she, he and it*.

Structure: Do-Does + subject + verb + complement.

Examples of questions with Do.

Short answers

Do you have a cell phone?

Yes, I do. No, I don't.

Do you study English every day?

Yes, I do. No, I don't.

Do we practice English in class?

Yes, we do. No, we don't.

Examples of questions with Does.

Short answers

Does Helen have a car? Yes, she does.

No, she doesn't.

Does your father work every day?

Yes, he does. No, he doesn't.

Does the dog eat pizza? Yes, it does.

No, it doesn't.

Questions with Be.

Short answers

Are you a student?

Yes, I am. No, I'm not.

Is your mother a doctor?

Yes, she is. No, she isn't.

Is today Friday?

Yes, it is. No, it isn't.

Am I Panamanian?

Yes you are. No, you aren't.

ACTIVITY 3

Check the questions and short answer explanations and fill in the blanks with the correct forms.

Fill in the blanks with Do or Does according to the subject of the questions.

- 1, _____ your mother help your father?
2. _____ we practice English in class?
3. _____ the students like the movie?
4. _____ your father speak English?

II part. Fill in the blanks with Be= am is are.

5. _____ Victor Japanese?
6. _____ I a teacher?
7. _____ you a student?

Now answer the previous questions. Use short answers.

1. Yes, _____
2. Yes, _____
3. No, _____
4. No, _____
5. No, _____
6. Yes _____
7. Yes, _____



Find the words below in the word search puzzle.

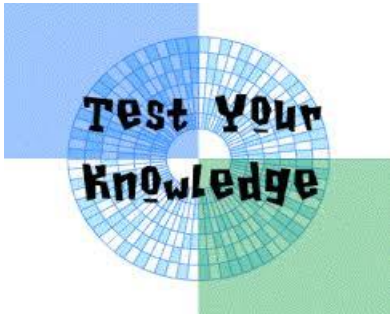
Healthy recipes words

T T W E E Z G D H T G R H E S
E C N N M C Z A R T H E S L L
I Y J E F O P V N P A I R E E
D O T I I P C E R L T K N M E
Y A B D I R X E T R I N B E P
E E W E L E T H B N F U V N Z
R G R O R H Y U Z D E J W T Y
I L O C S T A Y N L N L O G E
H S I T C E T O R P E Z R B A
E S W E I G H T S F B E R O V
E W A T E R T J R T N Q I N D
K N I R D A G U P E R S S E A
N U R Y F W I P P B I O K S L
E A D D J T O Z Z T F P N R A
V E G E T A B L E G E S M G S

ADD
BONES
EAT
ENJOY
FIBER
HEALTHY
NUTRIENT
RUN
STAY
VEGETABLE

BECOME
DIET
ELEMENT
EXERCISE
FRUIT
JUNK
PROTECT
SALAD
STRONG
WATER

BENEFIT
DRINK
ENERGY
FAT
HAPPIER
LOOSE
RISK
SLEEP
THIN
WEIGHT



Follow the instructions to make this project.

Write about your favorite healthy recipe. (Include the ingredients and procedures).

Ingredients	Procedure

Self assessment check list.

Use the following check list to make sure your project is well done.

I included all the recipe ingredients.

I wrote down the procedure to prepare the recipe.

GLOSSARY

These are other important words and phrases that you should know

anxiety: a feeling of worry or nervousness.

get together: an informal gathering.

hygiene: conditions or practices conducive to maintaining health and preventing diseases

outbreak: the sudden or violent start of something bad, such as war, disease, etc

worldwide: in the entire world

I CAN...

Check the things you can do.

select and describe the ingredients of a recipe.

write the procedures to prepare a recipe.

create a portfolio of healthy recipes.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home>

<https://www.medicalnewstoday.com/articles/322268#weight-loss>

<http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



WEEKS 30-31

THE IMPORTANCE OF GOOD NUTRITION.

INTRODUCTION

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

OBJECTIVES

- To identify vocabulary related to healthy food and good eating habits.
- To read about the role different food plays in a balanced diet

DID YOU KNOW?

Eggs are one of the healthiest foods you can eat.



Write five healthy foods, you know in English.

1. _____
2. _____
3. _____
4. _____
5. _____

TOPIC EXPLANATION

Read carefully and label the images.
Use words from the box.

Healthy, decay, balanced diet, running, jogging, sleeping













VOCABULARY

Look up the meaning of these words in your English Spanish dictionary.

- 1 healthy: _____
- 2 risk: _____
- 3 diseases: _____
- 4 high blood pressure: _____
- 5 decay: _____
- 6 increase: _____
- 7 energy: _____
- 8 nutrition: _____
- 9 diet: _____
- 10 body: _____
- 11 fit: _____
- 12 sleep: _____
- 13 balanced: _____
- 14 burn: _____
- 15 exercise: _____
- 16 teeth: _____
- 17 brush: _____
- 18 food: _____

READING COMPREHENSION

Read carefully.



**being healthy
is fun!**

What does it mean to keep healthy?

Keeping **healthy** means doing things that are good for your body – things like eating **nutritious foods**, **exercising**, **brushing your teeth** and getting enough **sleep**.

It's important to understand how what you eat and what you do affect your body. A **balanced diet** means that your body is getting all the nutrients it needs. Brushing your teeth at least twice a day helps prevent tooth **decay**. Exercising for around 30-60 minutes each day means that you'll stay **fit** and **burn** the right amount of calories.

ACTIVITY 1

After reading the text again, answer the following questions.

1. What is the title of the reading?

2. What is keeping healthy?

3. What should we do to stay healthy?

4. What is a balanced diet?

5. How many times should we brush our teeth?

6. For how long should we exercise?

ACTIVITY 2

What do you do to keep healthy?

Draw three activities that keep you healthy. Write the name of each activity.

1	2	3
---	---	---

STRUCTURE

PRESENT SIMPLE AND PRESENT PROGRESSIVE

The **Present Simple tense** is the most basic tense in English and uses the base form of the verb (except for the verb *be*). The only change from the base is the addition of **s** to the third person singular.

Formula: S + V + C

ACTIVITY 3

Add **-ing** to the verbs in simple present to change it to present progressive. Use the correct form of **be** as the auxiliary verb.

Example: simple present: I exercise.

present progressive : I am exercising.

Tom burns calories.

He _____ calories.

Angie brushes her teeth.

She _____ her teeth.

The boys sleep 8 hours every night.

They _____ 8 hours every night.



Find the words below in the word search puzzle.

NUTRITION HABBITTS

NUTRITION



www.educima.com

BALANCED	BODY
BRUSHING	BURN
CALORIES	DECAY
DIET	DISEASE
ENERGY	EXERCISE
FIT	FOOD
HELATH	NUTRITIOUS
SLEEP	TEETH

Test Your Knowledge

Make a project. Follow the instructions given.

Identify which of these products have high amount of sugar and which ones have a low amount of sugar.

food detectives
key stage 1

Homework

Sugar Smart Clue Sheet

In school, we have been learning how to become sugar smart.
Use this handy Sugar Smart Clue Sheet to make your Sugar Smart Trump cards.

 <p>Sugary cereal Sugary cereal 10g grams sugar</p> <p>Get top on your list 10g grams sugar</p> <p>Over 2 cubes of sugar</p>	 <p>Juice Drink</p> <p>Over 5 cubes of sugar</p>	 <p>5 cubes of sugar</p>	 <p>9 cubes of sugar</p>
 <p>sugary yoghurt</p> <p>Over 5 cubes of sugar</p>	 <p>Chilled dessert</p> <p>Over 4 cubes of sugar</p>	 <p>6 cubes of sugar</p>	 <p>Lower-sugar item</p>
 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>	 <p>Lower-sugar item</p>
 <p>Lower-sugar item</p>	 <p>low fat lower sugar yoghurt</p> <p>Lower-sugar item</p>		

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PHOTOCOPIABLE

Now write five sentences in simple present and then change them to present progressive.

Simple present	Present progressive

GLOSSARY

These are other important words and phrases that you should know

Health	The state of being well or ill (/helθ/).
Energy	The ability to be very active without becoming tired.
Body	All of a person or animal.
Balanced	Including a healthy mixture of different types of food.
Burn	To <u>destroy</u> something with <u>fire</u> , or to be <u>destroyed</u> by <u>fire</u> (/bɜ:n/).
Exercise	Activity that you do with your body to make your body strong.
Food	Something that people and animals eat to keep them alive.
Nutrition	The substances that you take into your body as food and the way that they influence your health.

I CAN...

Check the things you can do.

- make a poster of my healthy and unhealthy habits.
- write a short paragraph about future activities promoting healthy habits.
- design a flyer promoting a balanced diet practiced at home.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.youtube.com/watch?v=kKuYfLM0yDc>

<https://www.youtube.com/watch?v=aW9IMvbcVBY>



WEEKS 32-33

HEALTH AND NUTRITION

INTRODUCTION

Food Hygiene, otherwise known as Food Safety can be defined as handling, preparing and storing food or drink in a way that best reduces the risk of consumers becoming sick from the food-borne disease. The principles of food safety aim to prevent food from becoming contaminated and causing food poisoning.

OBJECTIVES

- To comprehend basic hygiene rules in a food preparation area.
- To follow the basic hygiene 'rules' in a food preparation area.

**DID
YOU
KNOW?**

Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation.

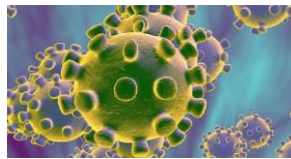


Write five safety measures about food that you know.

1. _____
2. _____
3. _____
4. _____
5. _____

**TOPIC
EXPLANATION**

Look at the images carefully and label them.



VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- 1 Clean:_____
- 2 Water:_____
- 3 Soap:_____
- 4 Virus:_____
- 5 Outbreak: _____
- 6 Wash:_____
- 7 Storage:_____
- 8 Hygiene:_____
- 9 Preparation:_____
- 10 Bacteria:_____
- 11 Food poisoning:_____
- 12 Food safety:_____

READING COMPREHENSION

MEASURES TO HELP CONTROL THE SPREADING OF COVID-19 VIRUS

**rinse your
food with
soap and
water**



Coronavirus Outbreak: What You Should Know!

A new virus has emerged from Wuhan, China. In late December 2019, WHO (the world health organization) was alerted to several cases of **pneumonia** in Wuhan. The Chinese authorities confirmed that they had identified a new **virus**, known as **coronavirus**. The coronavirus **outbreak** is thought to have originated in a Wuhan food market and continues to spread as China steps up containment efforts.

Some experts say that only with **soap** and **water** you can stop the virus. They also say that **hygiene** of food and keeping it in a cool **store** can prevent **bacteria**.

ACTIVITY 1

After reading the article above, answer the following questions.

7. What is the new virus?

8. What disease is the virus associated with?

9. What did the Chinese Authorities confirm?

10. How can we stop the virus?

11. What should we do with food?

STRUCTURE

RELATIVES PRONOUNS

Relative Pronouns

Relative Pronouns take the place of nouns or pronouns. They are called relative pronouns because they always relate back to something or someone else. They are used to join two sentences about the same person or thing.

Pronouns	Usage	Examples
who	replace the subject pronouns <i>I, she, he, we</i> and <i>they</i>	This is the man who broke the window.
whose	show possession or relationship.	She knew the family whose house we bought.
whom	replace the object pronouns <i>me, her, him, us</i> and <i>them</i>	They have found the lady whom they want to interview.
which	Clauses that begin with which are almost always non-restrictive	My precious blue lamp, which was in the room, was broken.
that	Clauses that begin with that are almost always restrictive clauses	The lamp that was in the room was broken.

ACTIVITY 2

Write three sentences with relative pronouns.

Relative pronouns	for	Sentence
Who	People	
Which	Things and animals	
Whose	Possesion of people and animals	

ACTIVITY 3

Write down the corresponding relative pronoun.

The cat _____ is the kitchen belongs to my neighbor.

The driver _____ ran the stop sign was careless.

The children, _____ we love dearly, need better educations.

Never go to a doctor _____ office plants have died.

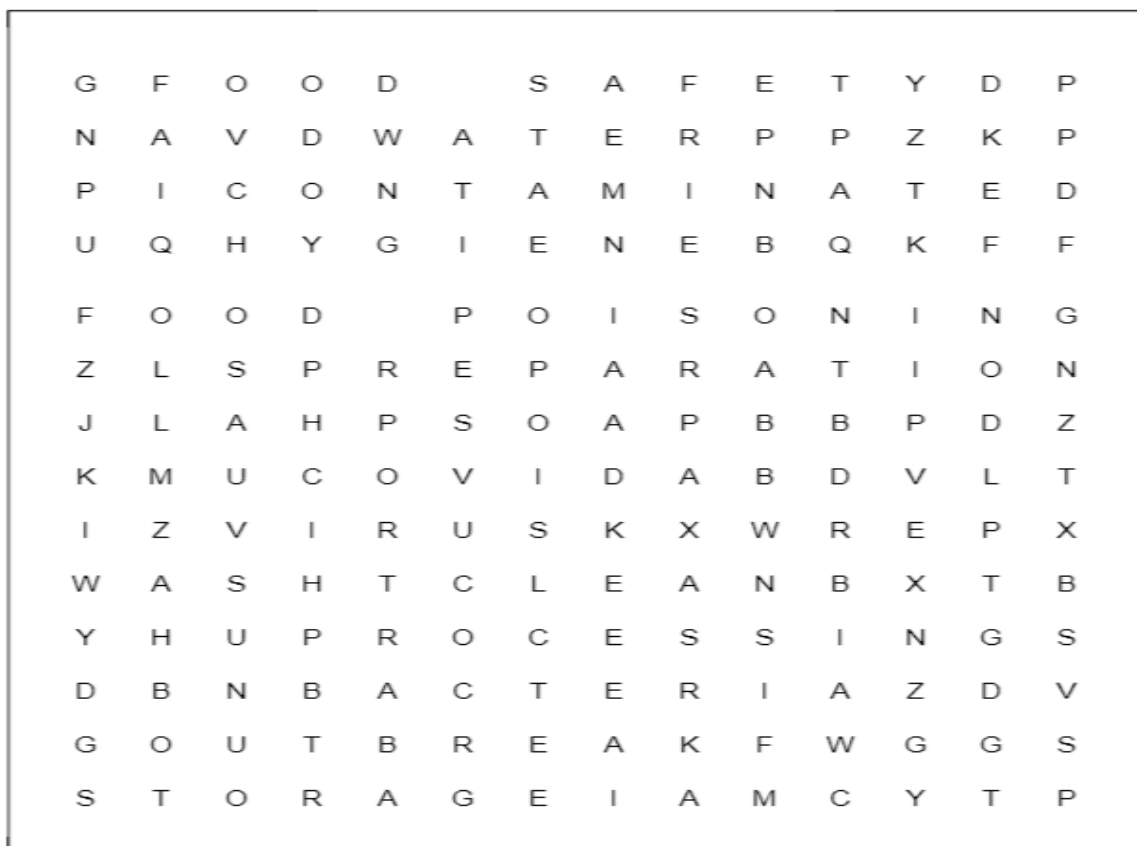
I have a friend _____ cat is annoying.



Find the words below in the word search puzzle.

HYGIENE

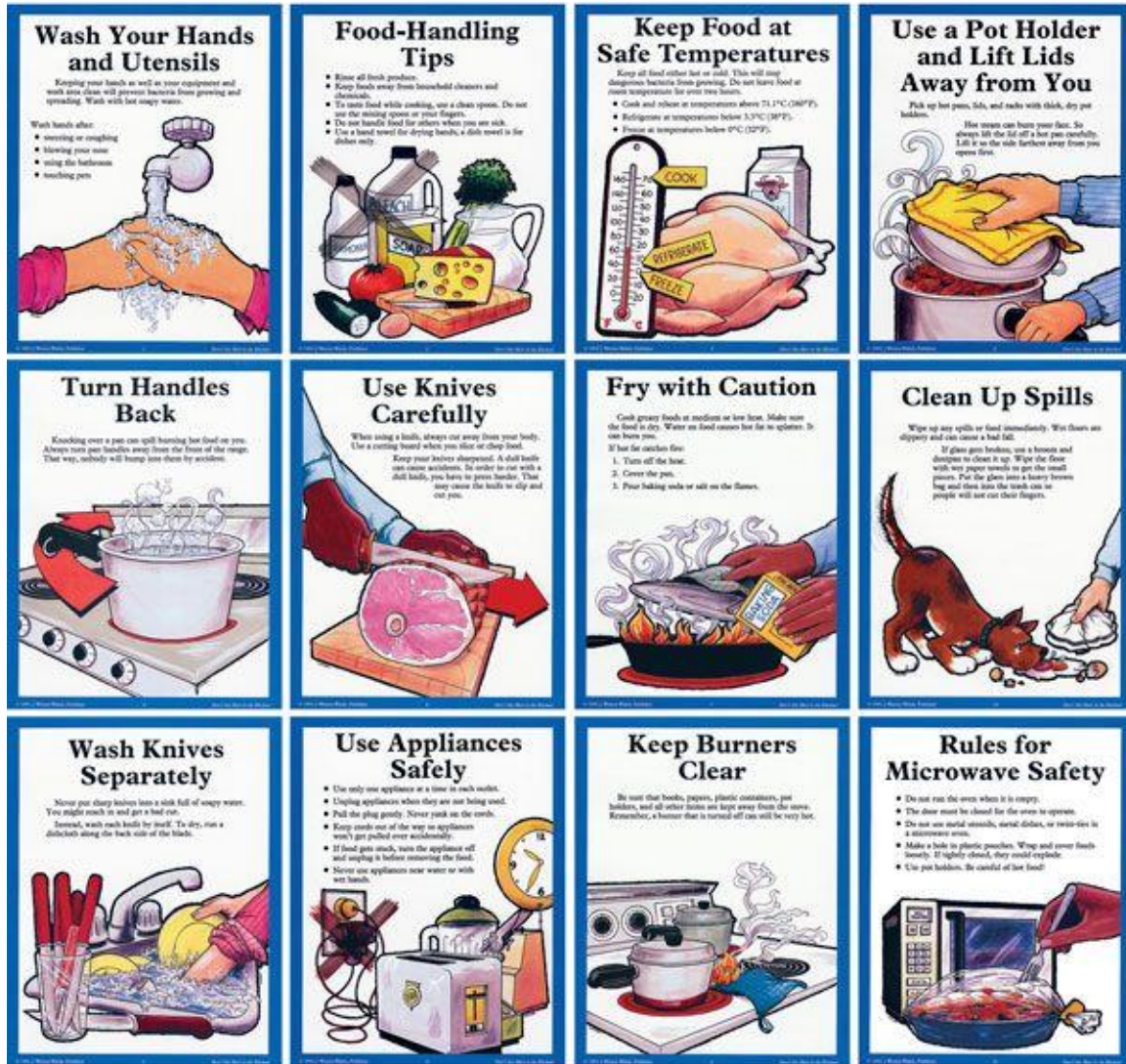
FOOD



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BACTERIA	CLEAN
CONTAMINATED	COVID
FOOD POISONING	FOOD SAFETY
HYGIENE	OUTBREAK
PREPARATION	PROCESSING
SOAP	STORAGE
VIRUS	WASH
WATER	

Choose three of the twelve food hygiene methods, and briefly explain why you think they are useful. You can use the same images to present them



Now write the three sentences you are going to present, using relative pronouns and words from the reading.

1	
2	
3	

GLOSSARY

These are other important words and phrases that you should know

Clean	Not dirty
Water	The clear liquid that falls from the sky as rain and that is in seas, lakes, and rivers
Soap	A substance that you use for washing
Virus	Very small thing that causes illnesses, or an illness that it causes
Outbreak	A time when something unpleasant suddenly starts, such as a war or disease
Storage	A safe place to keep things until they are needed.
Hygiene	The degree to which people keep themselves or their environment clean, especially to prevent disease
Bacteria	Very small living things that can cause disease

I CAN ...

Check the things you can do.

identify in a reading, personal hygiene rules you must follow when working with food.

mention steps to maintain food hygiene in Covid-19 time.

prepare a manual of instructions promoting food hygiene .

SUPPLEMENTARY MATERIAL

Check these links for additional information

<https://www.youtube.com/watch?v=IAcoUszRGxc>

<https://www.youtube.com/watch?v=7tgm8KBICtE>



WEEKS 34-35-36

FUNCTIONS OF THE FOOD IN OUR BODY.

INTRODUCTION

We all eat **food** because it provides the fundamental types of materials required to keep **our bodies** functioning. We need energy to enable growth and repair of tissues, to maintain **body** temperature and to fuel physical activity.

OBJECTIVES

- To recognize the role of nutrients in helping the body grow and stay healthy
- To describe in a chart the basic functions of food sources.

**DID
YOU
KNOW?**

An apple a
day keeps
the doctor
away!



Complete the table with the functions of each nutrient.

Nutrient	Basic Function
Proteins	
Carbohydrates	
Lipids	
Vitamins and Minerals	

Water is also considered a nutrient. It does not give the body energy, but it is vital all the same.

TOPIC EXPLANATION

FUNCTIONS OF THE FOOD IN OUR BODY

These two children played in the school this morning, then they had a lunch with some friends. Match the boy with the possible consequence.



1



2

REASONS

1	He played and had lunch without washing his hands with soap and water, before eating.	2	He washed his hands with soap and water, before eating
---	---	---	--

VOCABULARY

Look up at the meaning of these words in your English Spanish dictionary.

MEANING:

1	Enable growth	
2	Repair tissues	
3	Maintain body	
4	Fuel physical activity	
5	Food Sources	
6	Carbohydrates	
7	Fats	
8	Proteins	
9	Vitamins	
10	Minerals	

READING COMPREHENSION

Read this text carefully.



Definitely, at some point in your life you have eaten food you did not like, and your parents may have told you "Eat it up! It is good for you". Don't worry, that happens to all kids. However, you must remember that you have to eat a balanced diet in order to be healthy.

Good nutrition helps you to grow, repair tissues, and maintain body fueled for physical activities.

That is why it is very important to include in our diet: carbohydrates, fats, proteins, vitamins and minerals.

Remember that food gives the body the necessary nutrients to function correctly. Food can be classified by its origin as from either animals or plants.

ACTIVITY 1

After reading the text again, do the match.

Match

- | | | | |
|---|--|-------|--------------------------|
| 1 | We need to eat | _____ | to repair tissues |
| 2 | A balanced diet keeps you | _____ | rice, beans, vegetables |
| 3 | Good nutrition helps us | _____ | Sugar, oil |
| 4 | It is important to include in our diet | _____ | Meat, fish, chicken |
| 5 | Carbohydrates are | _____ | Oranges, grapes, bananas |
| 6 | Fats | _____ | balanced diet |
| 7 | Proteins | _____ | mineralas and vitamins |
| 8 | Vitamin "C" | _____ | healthy |

ACTIVITY 2

Identify the origin of these products.

Place the letter in the right place, (a) for animal origin, and (p) for plant origin.

CORN	CHICKEN	CARROT	FISH
------	---------	--------	------

TOMATOES	MILK	LETUCE	EGGS
----------	------	--------	------

STRUCTURE

MODAL AUXILIARY SHOULD

Should is an auxiliary verb - a modal auxiliary verb- used mainly to: give advice or make recommendations.

Examples:

When you go to Bocas, you **should** visit the palaces in Almirante

People with high cholesterol **should** eat low-fat foods.

Frank **should** have eaten low-fat foods.

You really **should** start eating better.

ACTIVITY 3

Write a sentence about each one of the pictures using "should."

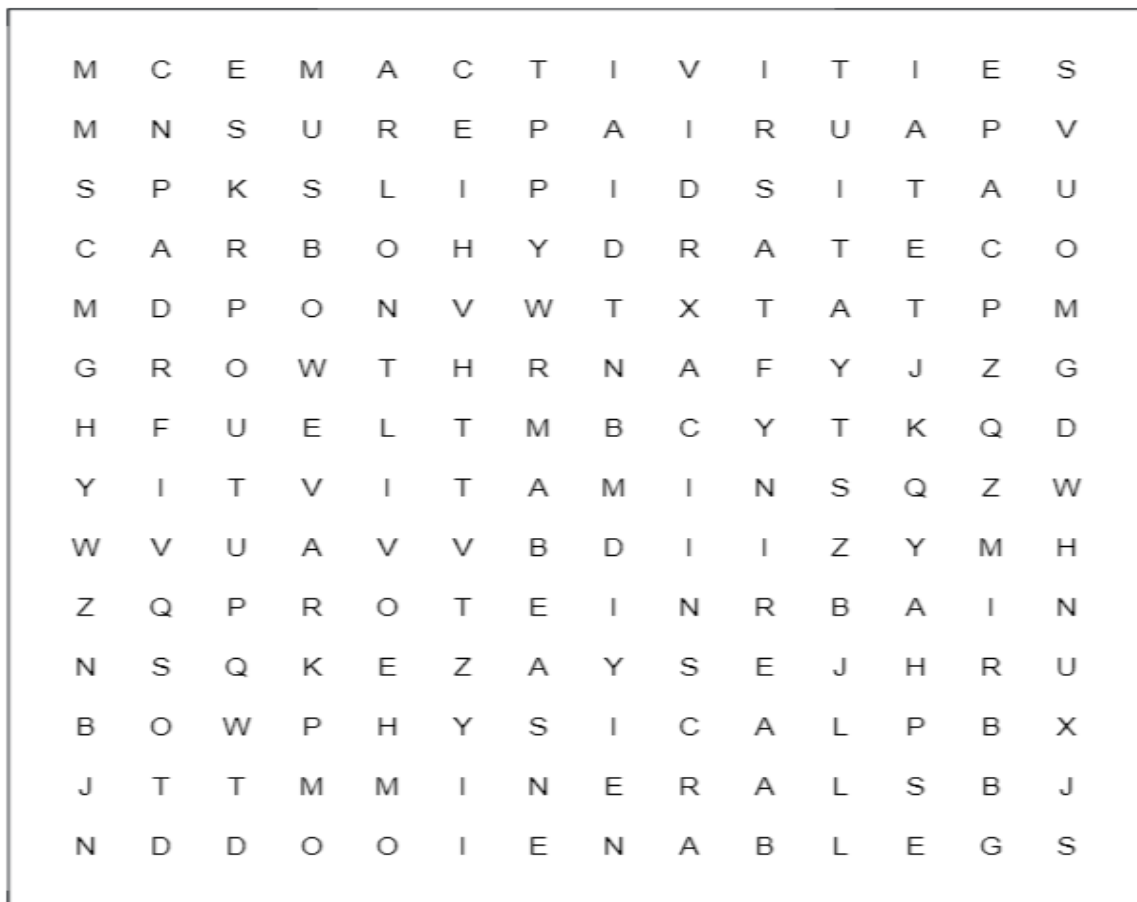




Find the words below in the word search puzzle.

Functions of the food for our

Rules



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Protein
activities
enable
growth
minerals
repair

Vitamins
carbohydrate
fuel
lipids
physical
tat

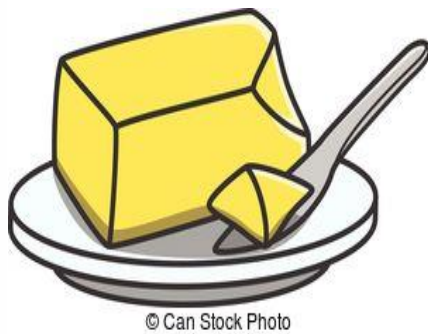
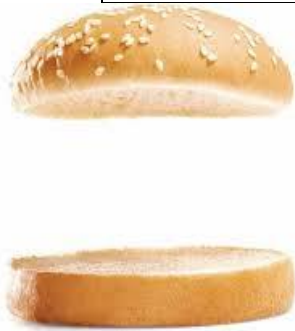
Test Your Knowledge

Follow the instructions to make the following project.

1. Write the function of the following foods.



FUNCTION	FUNCTION
----------	----------



© Can Stock Photo

FUNCTION	FUNCTION
----------	----------

GLOSSARY

These are other important words and phrases that you should know

1	Enable	to make someone able to do something
2	Growth	the process of getting bigger or developing
3	Repair	to fix something that is broken or damaged
4	Tissues	the material that animals and plants are made of
5	Maintain	to make a situation or activity continue in the same way
6	Body	all of a person or animal
7	Fuel	a substance that is burned to give heat or power
8	Physical	relating to the body
9	Sources	where something comes from
10	Carbohydrates	one of several substances, such as sugar or starch, that provide the body with energy.
11	Fats	a solid or liquid substance like oil that is taken from plants or animals and used in cooking
12	Proteins	a substance found in foods such as meat and milk that is necessary for the body to grow and be strong
13	Vitamins	one of a group of natural substances in food that you need to be healthy
14	Minerals	a valuable or useful substance that is dug out of the ground

I CAN...

Check the things you can do.

	categorize food according to the nutritional function in the body.
	describe in a chart, basic functions and food sources of carbohydrates, fats, proteins, vitamins, and minerals.
	write healthy menus including different food sources.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

<https://www.youtube.com/watch?v=6ajmuRg2o3Q>



WEEKS 37-38

HEALTHY ENVIRONMENT INTRODUCTION

The gases that provoke the greenhouse effect are carbon dioxide, CFCs, water vapor, methane and nitrous oxide.

It is commonly thought that the responsibility for caring for the environment, and especially the atmosphere, belong to industries or governments as they have greater influence than individual citizens. Nevertheless, personal responsibility is fundamental to create a culture of protection and beauty.

OBJECTIVES

- To identify vocabulary related with environment.
- To read about preserving a healthy environment.

**DID
YOU
KNOW?**

Every year an estimated 12.6 million people die as a result of living or working in an unhealthy environment.



How much do you know about contamination?

With the help of your dictionary, write three ideas about pollution.

- 1. _____.
- 2. _____.
- 3. _____.

TOPIC EXPLANATION

WHAT IS HEALTHY ENVIRONMENT?

Name three ways in which these items can be reused, instead of throwing them away. You can take into consideration the whole item or only part of it.

- Newspaper



Wooden board



Cardboard box



Plastic bag



Plastic milk carton



Newspaper



Glass jar

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

Contamination	water	air	soil	garbage
pollution	Human health	ecosystem	chemical	damage

READING COMPREHENSION

Read this text carefully



Pollution is **contamination** because it is the result of adverse biological effects to communities. All **pollutants** are **contaminants**, but not all **contaminants** are **pollutants**.

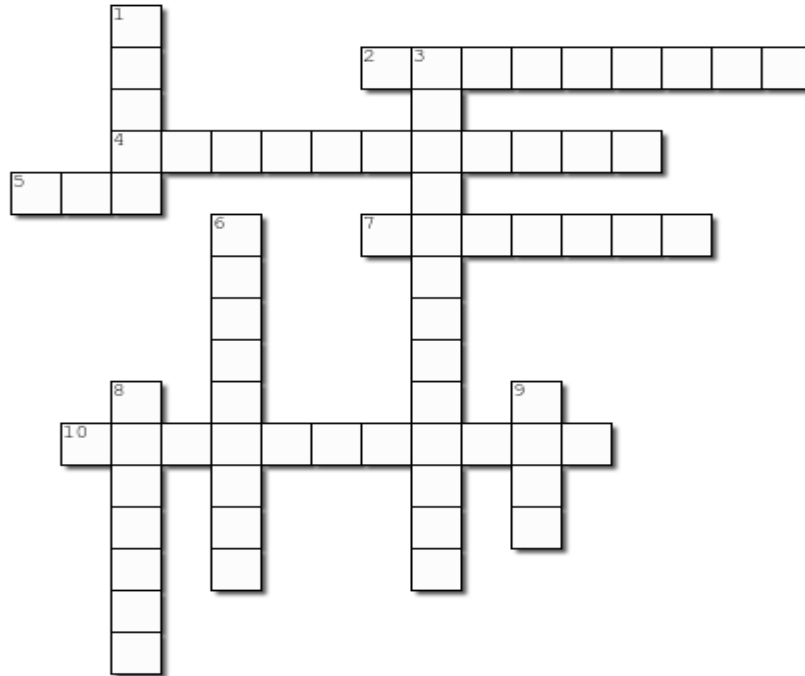
Human health, ecosystem quality and aquatic and terrestrial biodiversity may be affected and altered permanently by pollution. The sources of pollution are numerous. The identification of these different pollutants and their effects on **ecosystems** is complex, for example: **liana vine**, **canopy layer** and **pharmacy of the world** are very important in a healthy **rainforest**. They can come from natural disasters or the result of human activity, such as oil spills, **chemical** spills, nuclear accidents ... These can have terrible consequences on people and the planet where they live: **destruction** of the biodiversity, increased mortality of the human and animal species, destruction of natural habitat, **damage** caused to the quality of soil, water and air.

ACTIVITY 1

After reading several times, complete the following crossword puzzle.

Name: _____

HEALTHY ENVIRONMENT COMPLETE WITH THE WORDS GIVEN



Created using the Crossword Maker on TheTeachersCorner.net

Horizontal

- 2. all the living things in an area and the way they affect each other and the environment
- 4. the air, land, and water where people, animals, and plants live
- 5. the mixture of gases around the earth that we breathe
- 7. things that you throw away because you do not want them
- 10. the act or process of destroying something

Vertical

- 1. the clear liquid that falls from the sky as rain and that is in seas, lakes, and rivers
- 3. to make something less pure or make it poisonous
- 6. damage caused to water, air, etc. by dirty or harmful substances
- 8. good for your health
- 9. the top layer of earth that plants grow in

ACTIVITY 2

After finding the words in the crossword puzzle, draw three pictures related with environment.

1	2	3

STRUCTURE

SIMPLE FUTURE TENSE WITH WILL

The simple future refers to a time later than now, and expresses facts or certainty. The simple future is used: To predict a future event like : "It will rain tomorrow".

SIMPLE FUTURE TENSE

- +** S+will/shall + V(bare form)
I will go to Thailand.
- S + will not/won't + V(Base form)
I will not go to Thailand.
- ?** Will + S + V(Base form) +...?
Will you go to Thailand?

- I **will** go to the cinema **tonight**.
- He **will** play tennis **tomorrow**.
- She **will** be happy with her exam results.
- They **will** take the bus to the South **next week**.
- I will be in eight grade **next year**.

ACTIVITY 3

Change the following sentences to future using will.
Remember to include time expressions.

- 1, He is in sixth grade. _____
2. They are in Darien now . _____
3. My mother cooks pizza on Sundays. _____
4. My teacher is in the English classroom. _____
5. I speak English very well. _____
6. My phone is old fashion. _____
7. We wash our hands with soap and water. _____
8. Covid-19, is a new virus. _____
9. English is my second language. _____
10. It is a beautiful garden. _____



Read the options given and choose the right answer.

It is dark inside the rain forests because of...

- a. no electricity b. cloudy weather **c. canopy layer** d. don't know

Lots of medicines have been discovered in rainforests, so they are also known as...

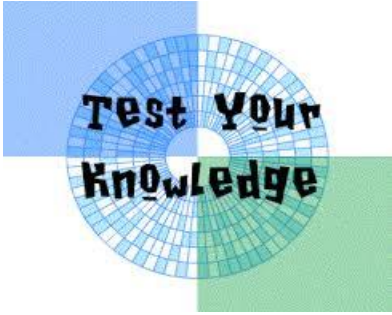
- a. lab of the world b. hospital of the world c. life of the world **d. pharmacy of the world**

In a rainforest, ropes hanging from trees are actually...

- a. ropes b. thick wires **c. liana Vine** d. don't know

Show each of your answers through a drawing.

1	
2	
3	



Make an ecological project promoting nature care and students engagement in being “green”. Follow the instructions.

STEP 1



You are going to help your parents recycle what they usually dump as trash.

STEP 2



Keep a record of what you recycle, and the material it is made of.

STEP 3



What did you discover?

STEP 4



Final report

GLOSSARY

These are other important words and phrases that you should know

Contamination	To make something less pure or make it poisonous.
Rainforest	A forest with a lot of tall trees where it rains a lot.
Water	The clear liquid that falls from the sky as rain and that is in seas, lakes, and rivers.
Air	The mixture of gases around the earth that we breathe.
Soil	The top layer of earth that plants grow in.
Garbage	Things that you throw away because you do not want them.
Pollution	Damage caused to water, air, etc. by dirty or harmful substances.
Ecosystem	All the living things in an area and the way they affect each other and the environment.
Chemical	A substance that is used in chemistry or produced by chemistry.
Damage	To <u>harm</u> , <u>injure</u> or <u>break</u> something.

I CAN...

Check the things you can do.

share information about preservation of healthy environment.

recognize contrast, cause and effect of ideas related to health environment.

list the causes and effects of contamination.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.youtube.com/watch?v=V0lQ3ljjl40>

<https://www.youtube.com/watch?v=5FWvbui6ook>



WEEKS 39-40

EFFECTS OF A CONTAMINATED ENVIRONMENT

INTRODUCTION

What is pollution? Pollution is when our air, water, or food has things in it that are not good for us. When we breathe, drink, or eat something that is polluted or contaminated with something that is not healthy for us, scientists describe that as being exposed to an environmental hazard.

The new corona virus and the Sahara dust cloud are just two of the many effects of a contaminated environment.

OBJECTIVES

- To show contrast between ideas and opinions about healthy environment.
- To relate ideas about how to take care of our natural resources to benefit human health and planet.

DID YOU KNOW?

The Sahara dust is a mixture of **sand** and **dust** from the **Sahara**, the vast desert area that covers most of North Africa.



Circle the possible form of pollution that affects human and animal lives.

Stinky stuff	Good music	Trash	Clean ocean
Green garden	Smoke	Drinking water	Noise



TOPIC EXPLANATION WHAT DO YOU KNOW ABOUT The ENVIRONMENT?

When we hear the word environment, we often think about nature. Things that are outdoor—plants, animals, wind, rain, water, sun, and different types of land— forests and deserts, mountains and jungles, rainforests and fields. The environment is all of these things and a lot more—environment means everything that affects the life, development, and survival of living things.

According to the previous information, mention some terms, related to pollution that you remember.

1. _____ is anything that makes the earth _____ and _____.
2. Things that could be contaminated: _____, _____ and _____.
3. Air pollution happened when _____ is dirty.
4. In big cities the _____ contribute to _____.
5. Air pollution contribute to the global _____.

VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

1. Pollution: _____
2. Air: _____
3. Water: _____
4. Trash: _____
5. Smoke: _____
6. Noise: _____
7. Oxygen: _____
8. Dust: _____

9. Lung: _____
10. Disease: _____
11. asthma: _____
12. Infection: _____
13. Pneumonia: _____
14. Tuberculosis: _____
15. Cancer: _____
16. Virus: _____

READING COMPREHENSION

Read the text carefully.



Doctors use the term **lung disease** to refer to many disorders affecting the lungs, such as **asthma**, influenza, **pneumonia**, **tuberculosis**, lung **cancer**, and many other breathing problems like the new **Covid-19**. However, these **diseases** are the result or, effect of the contaminated **environment**.

There are other consequences that people have to face such as: **Hearing** loss, this disease may be due to damage from a very **loud noise**, one of the main environment contamination, or taking certain medicines that can affect hearing.

In addition, what can we say about **Global warming** and **Water** pollution? These two problems are due to the lack of care of the they are causing several diseases, to adults and children too.

ACTIVITY 1

After reading the text again, mark the following statements as True or False.

1. ___ Doctors use the term **lung disease** to refer to many disorders affecting the lungs
2. ___ Covid-19, is one of the breathing problem.
3. ___ Another consequence of contamination is hearing loss.
4. ___ Global warming affect the weather.
5. ___ There is little that individual residents can do about water contamination.
6. ___ Household animals may contribute to the pollution of my water.
7. ___ We can always treat our water to make it drinkable.
8. ___ Fertilizing my lawn does not pollute the water.
9. ___ Rural areas do not have water problems.

ACTIVITY 2

Write a true and a false reason for every statement given.

1. True or False, Pollution is changing the natural cycle of earth.
True. _____
False: _____
2. True or False. Do people die because of pollution each year.
True. _____
False: _____
3. True or False, The leading causes of pollution is, transportation vehicals and factory pollution.
True. _____
False: _____
4. True or False, pollution is becoming less of an issue each year to humans.
True. _____
False: _____

STRUCTURE

DEMONSTRATIVE ADJECTIVES

1. The most common **demonstrative adjectives** are this, that, these and those.

The **demonstrative adjective** in a sentence will come just before a noun or pronoun and tell you which one it is specifically modifying.

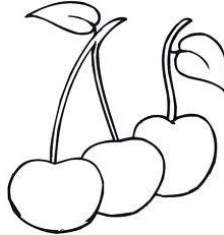
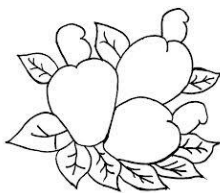
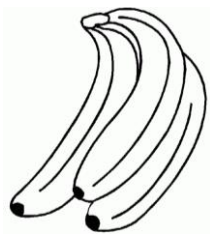
Example: This day could not get any better!

Example: That house across the street is so adorable.

ACTIVITY 3

Put the right demonstrative in the blank spaces.

Practice 1: write this or these under the images



Practice 2: complete the following chart with this or these

- 1) _____ are lemons.
- 2) _____ are peaches
- 3) _____ is an ice cream
- 4) _____ are sandwiches
- 5) _____ is an orange
- 6) _____ are eggplants
- 7) _____ is an onion
- 8) _____ are breads
- 9) _____ is a juice



Find the words below in the word search puzzle.

MAIN EFFECT

EFFECT OF A CONTAMINATED ENVIRONMENT



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air	asthma
cancer	dust
lung	noise
oxygen	smoke
trash	water

The logo features the text "Test Your Knowledge" in a bold, black, sans-serif font. The text is centered within a circular graphic composed of a grid of small, light blue squares. The background of the logo is split into a light blue upper-left quadrant and a light green lower-right quadrant.

Test Your
Knowledge

Make a project about the environment by answering the questions given.

Remember: the final report is in English and must include the studied demonstrative adjectives.

Project instructions

- 1 You must have a pencil and a sheet of paper to record the process.
- 2 After preparing the food, where does your mother deposit the used oil? .
- 3 Does she throw it in the sink? Any other place? What happens next?
- 4 What part of the environment is being polluted?
- 5 What do you recommend?



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GLOSSARY

These are other important words and phrases that you should know

Write the name of each of the images.



I CAN...

Check the things you can do.

differentiate, contrast, and identify the cause and effect of a healthy environment.

use the grammar structure to describe healthy environment activities in our country.

create a collage showing ideas about ways to create a healthy environment.

SUPPLEMENTARY MATERIAL

Check these links for additional information.

<https://www.youtube.com/watch?v=sW7fxGG9cEM>

<https://www.youtube.com/watch?v=e6rglsLy1Ys>

Answer Key

Weeks 1-2-3

1. Places you have visited. (answers will vary). Some examples are:

- Casco Antiguo
- Valle de Antón
- Panamá la Vieja
- Canal de Panamá
-

2. Vocabulary

- Canal
- Barco
- Camino acuático
- Histórico
- Punto de referencia
- Centro de la ciudad

3. Reading Comprehension

- Historical places in Panama
- 1914
- 65 Km
- Old, Medieval, impressive
- Relaxing, fascinated, enjoyable
-

4. Activity 2

- Interesting → boring
- Big → small
- Modern → Old
- Relaxed → Worried
- Huge → Little
-

5. Compare and Contrast

Panama Canal

- Useful
- Modern
- Interesting
- Popular
- Huge
- Magnificent
- Useful

Panama La vieja

- Ancient
- Wonderful
- Enjoyable
- Ancient

Both

- Famous
- Historic
- Aunthentic
- Valuable
- Fantastic

- Awesome
- Important
- Wonderful

Weeks 4-5

Name of the places

- River
- Mountain
- Beach
- Forest

1. Vocabulary

- Lago
- Acampar
- Jungla
- Sendero
- Clima
- Rodear

2. Activity 1 Reading Comprehension

- La Yeguada: Swim, Hiking, Camping
- Metropolitan Park: Hiking, See flora and fauna
- Boquete: Enjoy the weather
- Anton Valley: Hiking, See flora and Fauna

3. Activity 2

- Natural Landscapes
- Anton Valley
- Enjoy the nice weather and visit coffee plantations
- La yeguada, Metropolitan park and Anton Valle

4. Activity 3

W	B	A	P	S	R	G	K	S	P	W	W	J	B	S
P	E	L	M	W	E	E	G	N	L	R	S	A	L	J
D	A	A	P	I	V	L	W	O	A	T	A	E	L	N
Y	D	F	I	M	I	V	E	I	N	Y	E	U	L	K
U	Y	G	W	H	R	G	U	T	T	P	K	L	S	W
B	F	O	D	Y	E	M	D	A	S	T	S	V	W	F
H	K	U	S	B	G	R	A	T	X	N	A	B	U	G
O	E	L	O	W	R	Z	B	N	I	I	Y	Q	D	I
H	R	Z	I	A	Q	X	B	A	L	U	J	B	N	Q
Y	L	L	V	Q	X	S	T	L	S	J	N	B	C	Y
S	U	R	F	P	E	N	T	P	L	E	P	S	D	B
Q	D	L	V	K	U	T	X	G	J	I	T	S	F	N
H	D	O	I	O	C	A	M	F	I	N	G	I	Z	S
T	H	H	M	T	I	S	I	V	H	F	V	K	S	E
G	D	K	R	S	B	Y	E	W	W	C	F	L	H	L

CAMPING	EAT	HIKE
MOUNTAINS	PLANTATIONS	PLANTS
LAY	RIVER	SITES
SLEEP	SURF	SWIM

Weeks 6-7-8

1. What do you know?

- Festival
- Feria
- Centro Comercial
- Desfile
- Museo

2. Activity 1

1. Fairs in Panama
2. Queens, Handicrafts, Folkloric dances
3. Pig, horses, cows
4. Rice with chicken, sancocho, tamales

3. Activity 2

Adjective	+ ...er than	adjective	+ ..ier than	Adjective	+ more
small	smaller	pretty	prettier	modern	More modern
big	bigger	easy	Easier	Interesting	More interesting
fast	Faster	busy	Busier	famous	More famous
long	Longer	funny	Funnier	elegant	More elegant
strong	Stronger	friendly	More friendly	expensive	More expensive
new	Newer	tiny	Tinier	Delicious	More delicious
old	older	heavy	heavier	beautiful	More beautiful

4. Activity 3

1. Cheaper
2. More interesting
3. More popular
4. Cheaper
5. Faster
6. More delicious

5. Activity 3A

Down

1. museum
2. livestock
3. mall
4. fair

Across

5. festival

Weeks 9-10-11

1. Write the name

1. Mouth
2. Stomach
3. Large intestine
4. Small intestine

2. Activity 1. Write the correct name

- 1.Mouth
- 2.Esophagus
- 3.Liver
- 4.Large intestine
5. Stomach
6. Pancreas
7. Small intestine
- 8.Rectum

3. Vocabulary

1. Faringe
- 2.Lengua
- 3.Esófago
4. Digerir
5. Bolo

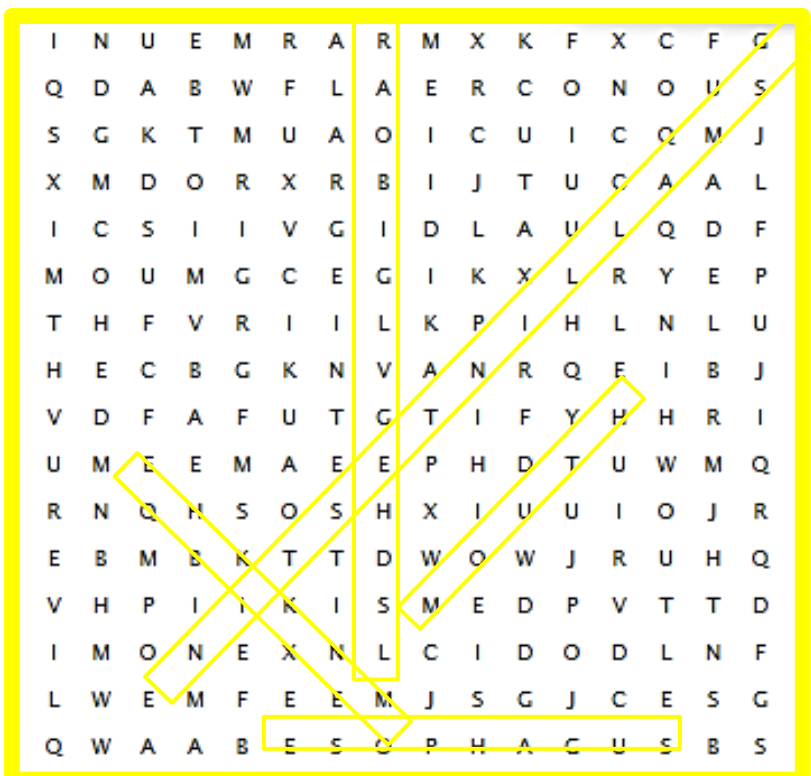
Activity 2 Reading Comprehension.

1. It starts in the mouth
2. The tongue
3. It excretes gastric juices that continue with digestion to process food.
4. In the small intestine
5. The rectus and anus

5. Activity 3

Order: 1,2,6,3,5,4

6.Activity 3A



7. Structure. Practice

1. I like pear, Ana likes pineapple and Elias and Javier like mango.
2. I play (play) baseball but my brother plays (play) soccer.
3. Carlos drinks (drink) 8 glasses of water daily.
4. Sandra washes (wash) the fruits before eating them.

Weeks 12-13-14

1. Vocabulary

1. Residuos
2. Sangre
3. Coleccionar
4. Saludable
5. Inodoro

2. Activity 1

1. Ureters
2. Kidneys
3. Bladder
4. Urethra

3. Activity 2

5. The kidneys filter the blood and reabsorb useful nutrients.
6. Urine travels down to the bladder through two tubes called ureters.
7. The urine collects in the bladder.
8. Urine leaves our body through a tube called urethra

4. Activity 3

1. Walk, Don't Walk
2. Sleep, Don't Sleep
9. **Look At the pictures and write the correct healthy measures.**
 1. Drink plenty of water
 2. Eat healthy food
 3. Exercise regularly
 4. Do not smoke
 5. Reduce salt intake

Weeks 15-16-17

What do you know

Write 3 components of the skeletal system.

1. bones
2. cartilages
3. joints

Topic explanation

Answer these questions.

1. To help the body move.
2. It is formed by bones, cartilages and joints.

3. No, I couldn't walk.

Activity 1. Fill in the missing information.

The internal structure of the body is the skeletal system. Humans at birth have around 300 bones. When they turn adults they only have 206 bones. The skeletal system is divided into two parts: the axial skeleton and the appendicular skeleton. The six major functions of the skeletal system are support, movement, protection, production of blood cells, storage of minerals, and endocrine regulation.

Activity 2. Answer these questions about the reading.

1. Good sources of **vitamin C** are vegetables and fruits.
2. Good sources of **Calcium** are **milk** and **cheese**.
3. Good sources of vitamin D are **oily fish** and **tuna**.
4. These exercises are good to keep your bone healthy **running** and **walking**
5. If you want to have healthy bones you better to avoid things like **smoking** and drinking **alcoholic beverages**.

Activity 3. Answer these questions about the skeletal system.

1. I go running, jogging, lift weights, etc.
2. It decreases when people are 20 years old.
3. Smoking, doing drugs and drinking alcoholic drink

Weeks 18-19-20

Activity 1 Fill in the blanks with the correct information.

The three types of blood vessels are: arteries, veins and capillaries.

Carries oxygenated blood out of the heart arteries.

Capillaries connect the arteries to veins.

Activity 3.

Circle the adjectives and underline the nouns in these sentences.

The weather is **nice** today. The books are **old**

The **white** house costs a lot. The President is **short**.

We want **red** apples, please. The teacher looks **tired** this morning.

Activity 4. Summary of the circulatory system

Write a summary of the circulatory system and make sure provide the answers to these questions.

4. What is the function of the arteries?

The function of the arteries is to carry oxygenated blood away from the heart.

5. What is the function of the veins?

The function of the veins is to carry back blood to the heart.

6. What is the function of the capillaries?

The function of the capillaries is to connect the arteries to veins.

Weeks 21-22-23

Activity 1 Read the text again and answer these questions.

What is the human body made of?

The human body is made of head, neck, torso, two arms and two legs.

What is the average height of an adult human?

The average height of an adult human is 5 to 6 feet tall.

How many body systems can you remember

I remember the Digestive System, the Circulatory System, the Skeletal System.

Activity 2 Write three good healthy habits to help the body systems work well

4. To eat healthy food.
5. To go to the doctor .
6. To exercise .

Activity 3 Identify these verbs as action verbs or linking verbs.

are linking verb

work action verb

runs action verb

seems linking verb

becomes linking verb

play action verb

Weeks 24-25-26

Activity 1

Fill in the blanks with the missing information.

The corona virus disease was first identified in Wuham, China.

Severe Acute Respiratory Syndrome is also known as SARS.

Write three of the symptoms of COVID-19 fever, cough and sore throat.

Activity 2

Write three hygienic measures that you follow to avoid getting infected with the virus.

1. Wear face masks
2. Keep the distance.
3. Wash my hands often.

Activity 3

Fill in the blanks with the correct form of future, Use **will** or be **+ going to + verb**

My mother will help the teacher in the party.

I am going to give my sister a present for her birthday next month.

My father will take the boy to the hospital because he is sick.

We are going to go to Boquete on our vacation next year.

My brother is going to get married next year.

Weeks 27-28-29

Activity 1

Read the text again and write (T) for true and (F) for false.

1. T
2. T
3. T
4. F

Activity 1

Write four examples of healthy foods and four examples of unhealthy foods.

Healthy foods

milk
vegetables
fish
fruits

Unhealthy foods

pizza
soda
sweet
chocolates

Activity 3

Fill in the blanks with Do or Does according to the subject of the questions.

1. Does your mother help your father?
2. Do we practice English in class?
3. Do the students like the movie?
4. Does your father speak English?

Part II. Fill in the blanks with Be = am is are.

5. Is Victor Japanese?
6. Am I a teacher?
7. Are you a student?

Now answer the previous questions. Use short answers.

8. Yes, she does.
9. Yes, we do.
10. No, they don't.
11. No, he doesn't.
12. No, he isn't.
13. Yes, you are.
14. Yes, I am.

Weeks 30-31

Topic explanation

nutrition	Food
decay	Energy
exercise	Sleep

Activity 1

1. Being healthy is fun!
2. It's doing things that are good for your body
3. (answer will vary) we should eat **nutritious foods**, **exercise**, **brush the teeth** and get enough **sleep**.
4. A **balanced diet** means that your body is getting all the nutrients it needs.
5. at least twice a day
6. around 30-60 minutes each day

Activity 2

1. is burning
2. is brushing
3. are sleeping

Weeks 32-33

Topic explanation

clean	Water
soap	Virus
storage	Hygiene

Activity 1

1. Corona virus –Covid-19
2. pneumonia
3. they had identified a new **virus**
4. using soap and water
5. hygiene of food and keep it in a cool storage

Activity 3

That, who, whom, whose, whose

Weeks 34-35-36

What do you know

Possible answers

proteins	They help in metabolism by providing structural support and by acting as enzymes, carriers, or hormones.
Carbohydrates	provide energy to the body
Lipids	storing energy
Vitamins and Minerals	convert food into energy, and repair cellular damage.

Activity 1

3, 5, 6, 7, 8, 1, 4, 2

Activity 2

P A P A

P A P A

Weeks 37-38

Activity 3

1. He will be....
2. They will be.....
3. My mother will cook
4. My teacher will be
6. I will speak....
6. My phone will be.....
7. We will wash
8. Covid-19 will be
9. English will be....
10. It will be...

play and learn

c., d., c.

Weeks 39-40

Topic Explanation:

Pollution is anything that makes the earth **dirty** and **contaminated**.

They could be contaminated: **air**, **water** and **earth**

Air pollution happened when **air** is dirty.

In big cities the **industries** contribute to **pollution**.

Air pollution contributes to the global **warming**.

Activity 1

1. T
2. T
3. T
4. T
5. F
6. T
7. T
8. T
9. F
10. F

Activity 2

Answers may vary.

Activity 3

Practice 1. These, this, these, these

Practice 2.

1,2,4,6, and 8 : these

3, 5, 7, and 9: this

Glossary

1. Oil
2. Oxygen
3. Lung
4. Noise
5. Smoke
6. Virus
7. Trash
8. Contamination
9. Disease.

Infography

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