

4

Good days

1 Do you know any dishes from other countries?

2 Listen and read. Is Tom happy? Why?

1 Tom, what's wrong?
I'm hungry!

2 I was asleep and missed lunch. I wanted an omelette but there weren't any eggs.

3 Then I wanted some spaghetti but the box was too high.

4 I cooked a curry but then I dropped the plate on the grass.

5 Don't worry, have some of my paella!

Yum! Thank you!

3 Listen and say.

1 curry

2 fish and chips

3 soup

4 stew

5 paella

6 spaghetti

7 omelette

8 dumplings

9 rice and beans

4 Look at the photos. What is there? Use the words in the box and play.

a a few a lot of some

A: There are some chips.

B: Picture 2! There's a lot of spaghetti.

A: Picture 6.



5 Listen, look and say the correct order.



6 Read the sentences and say the picture in Activity 5.

- 1 Tom paddled very fast.
- 2 Hannah cooked omelettes.
- 3 Maria climbed up the climbing wall.
- 4 They were cold and hungry.

7 Read and say. Use these words.

climbed cooked played sailed wanted

- 1 Yesterday I ? dinner for my family.
- 2 Last week we ? new bikes but my mum said, 'No!'
- 3 A year ago he ? Mount Everest.
- 4 In 2005, she ? around the world.
- 5 Last month they ? basketball.

8 Talk to a friend about last week. Use these words.

climbed cooked dropped loved
was wanted went were

I cooked an omelette!



LOOK!

I dropped the plate.

He paddled very fast.

Hannah cooked fish and chips.

We loved kayaking.





Listen and say.

VOCABULARY

1



pack my bag

2



miss the bus

3



pass a test

4



open a lunchbox

5



remember my juice

6



drop the ball

10



Listen and sing. Was it a good day or a bad day?

Chorus:

It was a bad day, it was really bad
But you smiled at me, now I'm not sad.

I packed my school bag and walked up the street.

I missed the bus, 'Ow, my tired feet.'

I didn't pass my test, I was late for class.

My friends said, 'Next time, get here fast!'

I opened my lunchbox and said, 'No way!'

I didn't remember my juice today.

Chorus

I went to the park and played with a ball.

I kicked it too hard, it went over a wall.

A boy helped me, he didn't ask why.

We played in the park and we looked at the sky.

I dropped the ball, he said, 'That's OK.'

Now he's my friend and it's a good day.



11



Read and say. *True or false?*

- 1 She didn't miss the bus.
- 2 She was late for class.
- 3 She remembered her juice.
- 4 She didn't kick a ball.
- 5 She dropped the ball.

12



Read and say.

- 1 We / not laugh / because we were sad.
- 2 She / not open / her eyes because it was a scary film.
- 3 They / play / a second football match because they weren't tired.
- 4 I / pass / the test because I studied a lot.
- 5 He / not miss / the bus because he was early.



LOOK!

I didn't pass my test.

He didn't ask why.



Answer the questions about you.
Then say and ask a friend.
Use words from the box.

COMMUNICATION

at the weekend yesterday

YOU	YOUR FRIEND	YOU	YOUR FRIEND
have a good day?		a place you went to	
Yes, I did.	No, he didn't.	I went to	He went to
wash the dishes?		a person you talked to	
?	?	?	?
cook the lunch?		something you watched on TV	
?	?	?	?
climb a tree?		something you wanted to do	
?	?	?	?
play an instrument?		something you didn't want to do	
?	?	?	?
watch TV?			
?	?		
pass a test?			
?	?		
help a friend?			
?	?		

Yesterday I washed
the dishes. How
about you?



I didn't wash the
dishes. Yesterday
I watched TV.

SOUNDS FUN!



Listen, read and say.


Donny wanted the ball but he passed it
on to Ted.

Ted played fast but it bounced off the
teacher's head!



- 15 **BEFORE** What can you remember? Work with a partner to tell the story so far.

STORY


- 16  **WHILE** Listen and read. What did the Martins take?

ZEB AND DOT ARE AT THE RESTAURANT GASTRONOME.



1 2



- 17  Act out the story.

VALUES



Relaxing is important.



Amazing Ellen



Ellen MacArthur is a famous British sailor who sailed alone around the world and broke the world record.

1 The Race Around the World

Ellen's race started in November 2004 and finished in February 2005. She broke the world record by thirty-three hours. She became the fastest person to sail around the world alone. When Ellen was at sea, she filmed her journey. We can see her good and bad days on her videos.

2 Bad Times in the Race

It was often dangerous but Ellen was brave. There were storms and big waves. Her food was boring and dry and she was often tired. One very bad day for Ellen was Christmas Day. There was a big storm and it was scary. Ellen phoned her family but she didn't want to talk. She didn't open her Christmas presents.

3 A Good Time in the Race

New Year's Day was good for Ellen. There were no storms. Ellen called her friends and family. She opened her Christmas presents, seven days late and laughed. There were some funny presents. She enjoyed that day.



MINI PROJECT

21 Choose a famous sportsperson. Write about a special thing they did.

- **Ideas** – Choose a sportsperson who did something very special.
- **Plan** – Make detailed notes about him/her. What did he/she do? When/Where did he/she do it? What was difficult/special about it?
- **Write** – Use your notes. Write a paragraph.
- **Share** – Tell a classmate about your sportsperson's success story.



20 Read and choose.

- Ellen started her race in **November** **December** 2004.
- She finished in **2005** **2006**.
- It was **never** **often** dangerous.
- Ellen **enjoyed** **didn't enjoy** Christmas Day 2004.
- Ellen **phoned** **didn't phone** her family on New Year's Day.



READ Listen and read. Match the texts with the photos.

My good day

1 One Saturday last May was a great day for me. I played the guitar in a school concert. I was first onstage and I was scared. I didn't want to play. Then I went onstage and I was OK. I really liked it. Now I want to be a rock star!

Jake, 12

2 My cousin's wedding last year was wonderful. There were a lot of people – about a hundred! The food was great. There was some tasty fish and a tall cake. I didn't want to wear a pink dress but I loved it. Pink is my new favourite colour!

Laura, 8

3 Last Friday was a really good day. After school, I went to the park with my friends and we played basketball. Then, a group of girls from another school joined us and we played against them in a competition. We were the winners!

Sandy, 12



THINK Look at the texts again. Are the sentences *True* or *False*?

- 1 Jake wanted to play onstage.
- 2 Jake played the piano.
- 3 Laura didn't want to wear a pink dress.
- 4 There was curry at the wedding.
- 5 Sandy played basketball in the park last Friday.
- 6 Sandy and her friends were the winners.

24 **PLAN** Think of a good day. Ask and answer about it.

- 1 When was it?
- 2 What did you do?
- 3 Why was it good?

25 **WRITE** Write a text about your good day. Use your notes from Activity 24 to help.

WRITING TIP!

We use the past simple to talk about an event that happened in the past. For regular verbs we end verbs with **-ed**. The spelling of these **-ed** endings vary. For most verbs, we add **-ed** to the end:

*I **played** the guitar.*

If the verb ends in **e** then we add **-d** to the end:

*I really **liked** it.*

Some verbs are irregular:

*I **went** to the park.*

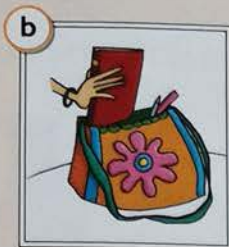
*We **were** the winners.*



Listen and match in your notebook.

**I CAN
DO IT!**

Lenny Jenny and Sam Sally Tom and Rob Laura



27 Look at Activity 26. Write the verb in your notebook.

- 1 Tom and Rob ? football because it was very cold.
- 2 Sally remembered her book when she ? her bag.
- 3 Lenny ? the curry because it was too hot.
- 4 Laura was late and she ? the bus.
- 5 Jenny and Sam are friends because she ? the ball.

28 Read and say the word.

- | | |
|--|---------------------|
| 1 You make this with eggs. | a spaghetti |
| 2 Do this if you don't want to be thirsty. | b miss the bus |
| 3 People eat a lot of this in India. | c omelette |
| 4 Study hard to do this. | d curry |
| 5 Don't do this before school. | e remember my juice |
| 6 This is an Italian food. | f pass a test |

29 Ask and answer.

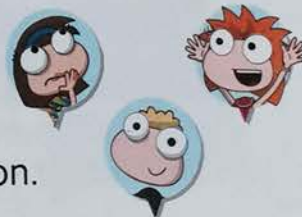
- 1 What is your favourite food? What food don't you like?
- 2 Tell me what you did and didn't do this week.
- 3 Tell me about a very good day in your life.

30 I want to know more!

I CAN

I can talk about things that happened in the past.
I can give reasons for things that did and didn't happen using *because*.

I can find out and talk about a famous sportsperson.
I can write about a good day in the past.



Now go to Poptropica
English World